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Vocabulary Builder Reference from...

Matt Walker: Sleep is your superpower | TED Talk

https://www.ted.com/talks/matt_walker_sleep_is_your_superpower

All Words

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Session 1: Word List

testicle

n. one of the two oval-shaped organs in men that produce sperm and testosterone; in animals, the equivalent organ responsible for producing sperm and often also regulating testosterone levels

synonym : ballock, gonad, ball

(1) **testicle** injury, (2) swollen **testicles**

The athlete was hit in the **testicle** during the game and had to be removed.

addition

n. the act or process of adding something to something else; the process of adding numbers

synonym : accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

routinely

adv. on a regular or habitual basis; in a manner that is customary or expected

synonym : habitually, regularly, customarily

(1) **routinely** check, (2) **routinely** scheduled maintenance

They **routinely** conduct fire drills to ensure everyone in the building knows what to do in an emergency.

testosterone

n. a male hormone that is responsible for the development of male secondary sex characteristics

(1) **testosterone** enhancer, (2) a synthetic derivative of **testosterone**

Training with sufficient intensity increases blood **testosterone** levels.

critic

n. someone who expresses opinions about the quality of books, music, etc.

synonym: pundit, analyst, attacker

(1) art **critic**, (2) severe **critic**

Advocates for legal reform hear less harsh words from their **critics**.

aspect

n. one part or feature of a situation, problem, subject, etc.

synonym: characteristic, element, factor

(1) nontechnical **aspects** of the job, (2) **aspects** of social, political, and economic life

His professional experience includes all **aspects** of media production.

equivalent

n. having the same value, quality, meaning, purpose, etc.

synonym: equal, counterpart, match

(1) **equivalent** amounts, (2) **equivalent** in meaning

The European Central Bank is Europe's **equivalent** of the Federal Reserve.

impair

v. to damage something or make it weaker or worse

synonym: degrade, mar, deface

(1) **impair** my health, (2) **impair** insulin sensitivity

The accident made his vision **impaired**.

reproductive

adj. connected with the process of reproduction; relating to reproducing babies, young animals, or plants

synonym: procreative, generative

(1) **reproductive** ability, (2) during **reproductive** period

This documentary deals with the **reproductive** biology of the buffalo.

alarming

adj. causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing

synonym : forbidding, concerning, disturbing

(1) **alarming** news, (2) **alarming** statistics

The sudden rise in crime rates in our neighborhood is quite **alarming**.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym : intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym : purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym : finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

essentially

adv. relating to the essential features or concepts of anything

synonym : fundamentally, basically, virtually

(1) **essentially** correct, (2) become **essentially** same

Essentially, a society is an organism.

sponge

n. a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

(1) sea **sponge**, (2) metallic **sponge**

The tiny marine **sponge** has existed for more than 500 million years.

initially

adv. at the beginning; at first

synonym: originally, primarily, firstly

(1) **initially** anticipated, (2) diagnosed **initially** as a tumor

This train departed later than **initially** scheduled.

soak

v. to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money

synonym: saturate, steep, douse

(1) **soak** in a hot spring, (2) **soak** away stress

I **soaked** the shirt in the sink before washing it.

circuit

n. (in electrical engineering) an electrical device that provides a path for electrical current to flow; a journey or route around a particular place or area

synonym: route, course, rotation

(1) **circuit** breaker, (2) federal **circuit** courts

An intelligent battery has a voltage monitoring **circuit**.

waterlog

v. to saturate with water or become saturated with water; to cause something to be waterlogged or submerged in water

synonym: flood, soak, drench

(1) **waterlog** a field, (2) **waterlog** the roof

The heavy rainwater was enough to **waterlog** the basement of the house.

absorb

v. to take in a fluid or other substance gradually

synonym: consume, soak, ingest

(1) **absorb** energy, (2) **absorb** a shock

The sponge **absorbs** water well.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

hypothesis

n. a proposed idea or explanation that is based on a few known facts but has not yet been proven to be true or accurate

synonym: assumption, conjecture, theory

(1) test my **hypothesis**, (2) a bold **hypothesis**

This evidence supports the big-bang **hypothesis**.

individual

n. a single person or thing, as distinct from a group

synonym: person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

assign

v. to give a specific job or piece of work to a someone

synonym: entrust, delegate, designate

(1) **assign** projects, (2) **assign** top priority

Please **assign** a different color to each other kind of item.

experimental

adj. relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have

synonym: empirical, exploratory, observed

(1) **experimental** data, (2) **experimental** design

The product is still in the **experimental** stage.

deprivation

n. a state of not having something, such as food or money, that you need for a pleasant life

synonym: poverty, destitution, forfeiture

(1) chronic sleep **deprivation**, (2) **deprivation** of liberty

Losing him is great **deprivation** to our team.

slumber

n. a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap

synonym: sleep, doze, snooze

(1) fall into a **slumber**, (2) **slumber** in class

She couldn't resist the temptation to **slumber** on the couch after lunch.

laboratory

n. a workplace for doing scientific research or teaching science; a lab

synonym: lab, workshop, testing room

(1) **laboratory** accident, (2) anthropology **laboratory**

Animal protection groups call for an end to animal testing in a **laboratory**.

supervision

n. the act or process of overseeing or directing the work or performance of others

synonym: oversight, management, direction

(1) under **supervision**, (2) **supervision** by the police

She was put in charge of the project and had full **supervision** over the team.

nap

n. a short sleep, especially during the day

synonym: rest, doze, drowse

(1) take a **nap**, (2) daytime **nap**

She woke the kids up from their **nap**.

caffeine

n. a stimulant drug that is found in coffee, tea, and other beverages and that is used to increase alertness and improve mental and physical performance

synonym: stimulant

(1) **caffeine** intake, (2) coffee with the **caffeine** removed

She experienced headaches and fatigue as symptoms of **caffeine** withdrawal after quitting coffee.

miserable

adj. very unhappy, uncomfortable, or unpleasant; causing great distress or suffering

synonym: unhappy, wretched, cheerless

(1) **miserable** weather, (2) **miserable** experience

She felt **miserable** after her dog passed away.

involve

v. to include or affect someone or something as a necessary part of something else

synonym: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

participate

v. to take part in something

synonym: take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's intramural sports program.

scan

v. to examine something hastily, with the eyes or with a machine, to get information

synonym: look over, scrutinize, browse

(1) **scan** the face of the man, (2) **scan** a document into PDF

She stood on the podium and **scanned** an audience.

snapshot

n. an informal photograph, especially one taken quickly

synonym: photo, picture, print

(1) take a **snapshot**, (2) developed **snapshot**

There were framed **snapshots** of family and friends in her room.

vertical

adj. upright or perpendicular to a horizontal surface or line

synonym: perpendicular, upright, plumb

(1) **vertical** takeoff, (2) **vertical** axis

The ladder leaned against the **vertical** surface of the building.

axis

n. a real or imaginary straight line through a body or figure around which the object turns; a group of countries in special alliance

synonym: central, core, pole

(1) vertical **axis**, (2) a coordinate **axis**

The earth's **axis** of rotation is tilted 66.5 degrees to the ecliptic plane.

deficit

n. the total amount by which money spent is greater than money earned in a particular period of time; the property of being an amount by which something, especially an amount of money, is less than expected or required

synonym: insufficiency, deficiency, shortage

(1) federal budget **deficit**, (2) an accumulative **deficit**

Exchange rate fluctuations have increased that country's trade **deficit**.

context

n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

synonym: background, setting, environment

(1) historical **context**, (2) legal **context**

It's important to understand the **context** of a situation before making a decision.

ace

n. a playing card with a single symbol or mark that is typically the highest in value or rank in a particular card game; a person who is very skilled or successful in a specific activity or field

synonym: expert, master, champion

(1) tennis **ace**, (2) **ace** in the hole

He was an **ace** at playing poker and often won the game.

disability

n. a physical or mental condition that makes it difficult for someone to do some things that other people do

synonym: impairment, disadvantage, restriction

(1) a **disability** pension, (2) a learning **disability**

Listening to music at a high volume may lead to a hearing **disability**.

structure

n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

synonym: construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

hippocampus

n. a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory

(1) involvement of the **hippocampus**, (2) neurons in the **hippocampus**

The **hippocampus** is crucial for learning and memory storage.

inbox

n. an electronic folder on a computer or phone where new emails, text messages, etc., that are sent to you are kept

(1) **inbox** full of emails, (2) **inbox** folder

After you register, you will receive an email with a coupon shortly in your **inbox**.

relate

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym: connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they

couldn't understand.

deprive

v. to take away something from someone

synonym: deny, take away, divest

(1) **deprive** others of profit, (2) **deprive** him of his status
He was **deprived** of his freedom when sentenced to life in prison.

whatsoever

adv. not at all; no matter what

synonym: in any way, at all, in any respect

(1) **whatsoever** it be, (2) without impact **whatsoever**
He refused to do anything **whatsoever** to help her.

bounce

v. to cause to move up or away after hitting a surface; to spring back

synonym: bound, leap, spring

(1) **bounce** across the floor, (2) **bounce** back from failure
They will **bounce** between various emotional states.

commit

v. to do something illegal or wrong

synonym: engage, carry out, execute

(1) **commit** suicide, (2) **commit** mistakes

The military has **committed** an abuse of human rights.

folk

n. people in general, especially those of a particular group or type

synonym: community, family, person

(1) **folk** art, (2) the **folk** songs of a particular district

Some seaweed was used as **folk** medicine in ancient times.

physiological

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

synonym: biological, organic, bodily

(1) **physiological** response, (2) **physiological** activity

The doctor explained the various **physiological** changes that occur during pregnancy.

enhance

v. to increase or improve the quality, amount, or strength of someone or something

synonym: improve, enrich, refine

(1) **enhance** value, (2) **enhance** the flavor of the vanilla

The new strategy will **enhance** the profitability of our company.

electrode

n. either of two points or ends of a conductor at which electricity enters or leaves an object, substance, or region

(1) platinum **electrodes**, (2) **electrode** corrosion

It is important to place the **electrodes** in the correct position for accurate electro-cardiogram recording.

brainwave

n. a sudden idea or inspiration; a moment of great insight or creativity

synonym: inspiration, brainstorm, revelation

(1) **brainwave** idea, (2) sudden **brainwave**

The engineer had a **brainwave** and redesigned the product to be more efficient.

spectacular

adj. striking or impressive to look at or in performance or achievement

synonym: breathtaking, impressive, grand

(1) **spectacular** view, (2) achieve **spectacular** growth

The **spectacular** fireworks display was the highlight of the festival.

electrical

adj. relating to electricity

(1) an **electrical** storm, (2) degree in **electrical** engineering

Actuators convert **electrical** pulses into motion.

spindle

n. a rotating shaft that serves as axes for larger rotating parts; (biology) tiny fibers that are seen in cell division

synonym: shaft, axis, mandrel

(1) a **spindle-shaped** muscle, (2) **spindle** cell cancer

A powerful **spindle** motor is required to process these metal parts.

combine

v. to join or merge to form a single thing or group

synonym: coalesce, cohere, blend

(1) **combine** chemically with another substance,

(2) **combine** augmented reality

Hydrogen and oxygen **combine** to form water.

transfer

v. to move, pass, or change from one person, place, or situation to another

synonym: move, relocate, shift

(1) **transfer** a file, (2) **transfer** power

She **transferred** the money from her savings account to her checking account.

mechanism

n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

synonym: means, method, system

(1) the **mechanism** for DNA replication, (2) defense

mechanism

He discovered unique **mechanisms** for photochemical reactions.

shifting

adj. constantly changing or moving

synonym: unfirm, shifty, fluctuating

(1) **shifting** balance, (2) continuously **shifting** landscape

Trends in the fashion industry are so **shifting** that it is challenging to keep up with them.

vulnerable

adj. capable of being hurt or influenced physically or mentally

synonym : susceptible, exposed, weak

(1) a **vulnerable** bridge, (2) **vulnerable** parts of the body
Infants and pregnant women are particularly **vulnerable**.

reservoir

n. a natural or artificial lake used to store water for community use; a large or extra supply of something

synonym : pool, supply, repertoire

(1) a **reservoir** of facts, (2) water **reservoir**

The machine pumps up crude oil from a deep underground **reservoir**.

permanent

adj. lasting for a long time without essential change

synonym : lasting, ceaseless, endless

(1) literature of **permanent** value, (2) **permanent** life insurance

She is searching for a **permanent** residence.

storage

n. the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information

synonym : storehouse, depository, warehousing

(1) a **storage** battery, (2) **storage** at low temperature

We store customer data in cloud **storage**.

transact

v. to carry out or conduct a business or other transaction; to complete or fulfill an agreement, deal, or contract

synonym : conduct, carry out, perform

(1) **transact** internationally, (2) **transact** in cash

I need to **transact** some business at the bank before it closes.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

societal

adj. relating to society or social relationships

synonym : social, communal, cultural

(1) **societal** norms, (2) **societal** expectations

The **societal** pressure to conform is strong in this community.

implication

n. something that is inferred or indirectly stated; the act or fact of being involved in something

synonym : suggestion, association, conclusion

(1) the **implication** in a crime, (2) the **implication** of a word

His poem has a very significant **implication**.

clinical

adj. of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

synonym : dispassionate, analytic, scientific

(1) **clinical** surgery, (2) participate in **clinical** trials

She received special **clinical** training at the hospital.

dementia

n. a severe decline in cognitive function, especially memory, as a result of disease or injury

synonym : cognitive decline, memory loss, Alzheimer's disease

(1) **dementia** patients, (2) probably have **dementia**

The study found that regular exercise can help to prevent the onset of **dementia** in older age.

fade

v. to vanish; to fade away; to lose color; to lose freshness

synonym : languish, wither

(1) **fade** away almost completely, (2) **fade** in importance

My memory will **fade**, but my heart will live on.

decline

v. to become gradually smaller, fewer, worse, etc.; to refuse to accept

synonym : descend, drop, deny

(1) **decline** a job offer, (2) **decline** in quality

As people age, their digestive capacity also gradually

declines.

discuss

v. to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

synonym: talk about, converse, debate

(1) **discuss** options, (2) **discuss** solutions

We need to **discuss** the next steps for the project during our meeting tomorrow.

co-occurrence

n. the simultaneous occurrence or presence of two or more things, often used in statistical or scientific contexts

synonym: simultaneity, coincidence, conjunction

(1) **co-occurrence** pattern, (2) **co-occurrence** matrix

The **co-occurrence** of these two events suggests that there may be a causal relationship between them.

interrelated

adj. closely connected or related to each other

synonym: connected, related, interdependent

(1) the **interrelated** nature of the problems, (2) **interrelated** factors

The different parts of the system are **interrelated** and rely on each other to function correctly.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

appreciate

v. to value and acknowledge the worth of someone or something; to be grateful for something or someone

synonym: acknowledge, admire, enjoy

(1) **appreciate** her feedback, (2) **appreciate** the value

We would **appreciate** an early reply.

contribute

v. to give something, especially money or goods, to provide or achieve something together with other people

synonym : donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

cognitive

adj. of or relating to mental processes of understanding

synonym : perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

Alzheimer

n. a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

synonym : dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors

My grandmother has **Alzheimer's** disease requires special care and attention from her caregivers.

disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym : illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

remarkable

adj. worthy of attention because unusual or special

synonym : outstanding, exceptional, extraordinary

(1) **remarkable** achievement, (2) the **remarkable** breadth of knowledge

The election was a **remarkable** success for the Whigs.

depress

v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active

synonym : sadden, discourage, deflate

(1) **depress** their spirits, (2) **depress** crop prices

The economic recession **depressed** the housing market.

associate

v. to mentally connect someone or something with someone or something else

synonym : tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

fiend

n. an evil or wicked person or supernatural being; someone who is excessively devoted or addicted to something

synonym : monster, demon, devil

(1) **fiend** for chocolate, (2) fitness **fiend**

The **fiend** in the horror movie gave me nightmares for weeks.

puzzle

n. a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand

synonym : plight, maze, (verb) perplex

(1) crossword **puzzle**, (2) mathematical **puzzle**

This jigsaw **puzzle** is challenging because there are no pictures.

exciting

adj. causing a lot of interest or excitement

synonym : exhilarating, stimulating, thrilling

(1) **exciting** football player, (2) **exciting** news

The findings of the experiment were both **exciting** and unexpected.

unfortunately

adv. by bad luck; unluckily

synonym : regrettably, unluckily, alas

(1) **unfortunately** caught in a shower, (2) even more **unfortunately**

The treatments were done but, **unfortunately**, were unsuccessful.

blunt

adj. having a dull or rounded edge or point; not sharp; straightforward in speech or manner, often to the point of being rude or insensitive

synonym: dull, obtuse, insensitive

(1) **blunt** criticism, (2) **blunt** force

The **blunt** knife made it difficult to cut through the tough steak.

instrument

n. an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work

synonym: apparatus, tool, device

(1) musical **instruments**, (2) surgical **instruments**

This electronic **instrument** is required to undergo periodic inspections to ensure precision.

naturalism

n. a philosophical belief that everything, including human behavior and cognition, can be explained solely by natural causes and laws

(1) **naturalism** in literature, (2) philosophical **naturalism**

The scientific method is often seen as an embodiment of **naturalism**, as it seeks to understand the natural world through observation and experimentation.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

stimulation

n. the act of arousing interest or activity in something; the action of providing a stimulus

synonym: activation, arousal, excitation

(1) **stimulation** of the economy, (2) **stimulation** of the senses

The **stimulation** of certain chemicals activates the brain's reward system.

insert

v. to put something inside something else

synonym: introduce, add, embed

(1) **insert** coin, (2) **insert** a graphic

She **inserted** a new chapter into her manuscript.

voltage

n. the difference in the force of an electric current between two points

(1) the **voltage** spiked, (2) low **voltage**

Connecting batteries in series increase the **voltage** of the circuit.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms

This artwork is **typical** of her work.

amplify

v. to enhance something, particularly sound or brightness

synonym: intensify, boost, argument

(1) **amplify** a signal, (2) **amplify** the effect

You might need to **amplify** this point.

translate

v. to convert or change words into another language

synonym: convert, transcribe, render

(1) **translate** a document into English, (2) **translate** the

emotion to a movement

Translate the text from Italian into English.

affordable

adj. not expensive and able to pay

synonym: cheap, reasonable, inexpensive

(1) **affordable** housing, (2) **affordable** solution

The automaker has been providing **affordable** car financing options since last year.

salvage

n. the act of saving or rescuing something from potential loss or destruction; the property or items that are saved or rescued in this way; (verb) to save, recover, or rescue something from a dangerous, damaged, or deteriorating situation

synonym: rescue, recovery

(1) **salvage** operation, (2) **salvage** a sunken ship

The **salvage** yard was full of old cars waiting to be scrapped.

moonshot

n. an ambitious, risky, and innovative project or goal, especially one that is intended to bring about radical change or breakthroughs in a particular field or industry, often inspired by the lunar landing mission of Apollo 11 in 1969

synonym: initiative, endeavor, pursuit

(1) AI **moonshot**, (2) **moonshot** idea

The company's **moonshot** project aims to develop a revolutionary new technology within a tight deadline.

essential

adj. indispensable; fundamental

synonym: critical, crucial, basic

(1) **essential** amino acid, (2) **essential** commodities of life

Trial and error is an **essential** part of education.

cardiovascular

adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)

(1) **cardiovascular** diseases, (2) **cardiovascular** tissue

Smoking places you at severe risk of **cardiovascular** and

respiratory disease.

experiment

n. the scientific test conducted to observe what happens and gain new knowledge

synonym: experimentation, investigation

(1) **experiment** design, (2) series of **experiments**

His **experiments** showed highly positive results.

daylight

n. the natural light produced by the sun during the day, especially in contrast to artificial light or darkness

synonym: sunlight, daytime, day

(1) **daylight** hours, (2) natural **daylight**

The view of the city skyline from the top of the building looked amazing in the **daylight**.

subsequent

adj. happening or occurring later or after something else

synonym: later, following, ensuing

(1) over **subsequent** months, (2) reduce **subsequent** mortality

In the **subsequent** meeting, the team discussed ways to improve productivity.

reduction

n. a decrease in size, amount, or degree

synonym: diminution, decrease, cutback

(1) **reduction** strategy, (2) a gradual **reduction**

The **reduction** in carbon emissions has been significant since the implementation of the new policy.

incredible

adj. unbelievable; enormous

synonym: unbelievable, fantastical, inconceivable

(1) **incredible** amount, (2) at **incredible** speed

Her response revealed **incredible** idiocy.

traffic

n. the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time

synonym:

congestion, jam, flow

(1) **traffic** jam, (2) heavy **traffic**

We decided to take a detour to avoid the construction **traffic** on the main road.

accident

n. an unfortunate event, especially one causing damage or injury

synonym: calamity, casualty, chance

(1) cause an **accident**, (2) injury in a car **accident**

The **accident** partially destroyed my vehicle.

suicide

n. the act of killing yourself intentionally

synonym: self-destruction, self-annihilation, felo-de-se

(1) commit **suicide**, (2) **suicide** attack

In an economically prosperous country, most male **suicide** is due to child support problems.

dive

v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

synonym: dip, leap, plunge

(1) **dive** into anime communities, (2) **dive** off a cliff

The sperm whale can **dive** to 1,000 meters.

immune

adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

synonym: resistant, unsusceptible, unaffected

(1) **immune** from criminal prosecution, (2) the cell of the **immune** system

The vaccination does not necessarily make you completely **immune**.

introduction

n. a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

synonym:

initiation, preamble, prologue

(1) **introduction** education, (2) self- **introduction**

The **introduction** to the new class was informative and engaging.

delight

n. a feeling of great pleasure or happiness

synonym: pleasure, joy, satisfaction

(1) a tremor of **delight**, (2) with **delight**

The **delight** on the child's faces when they received the toy was priceless.

identify

v. to recognize someone or something and say or prove who or what they are

synonym: determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

unwanted

adj. not wanted or desired

synonym: undesired, unneeded

(1) **unwanted** attention, (2) **unwanted** guests

He threw away the **unwanted** items in his closet.

eliminate

v. to remove or get rid of someone or something

synonym: wipe out, destroy, eradicate

(1) **eliminate** contestants, (2) **eliminate** sexual barriers

We can **eliminate** this possibility from those consumptions.

destroy

v. to ruin or damage severely or completely; to eradicate or eliminate completely

synonym: demolish, ruin, obliterate

(1) **destroy** the ecosystem, (2) **destroyed** evidence

The building was **destroyed** in the fire and had to be rebuilt.

cancer

n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized

by the uncontrolled growth and spread of abnormal cells
synonym: tumor, carcinoma, malignancy

(1) **cancer** diagnosis, (2) **cancer** research

Breast **cancer** is the most common type of cancer in women.

tumor

n. a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way

synonym: neoplasm, mass, lump

(1) **tumor** growth, (2) **tumor** at remote sites

The patient was diagnosed with a **tumor** in her lung.

mass

n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

synonym: abundance, crowd, mob

(1) a **mass** of molten rock, (2) critical **mass**

The **mass** of people who do not own property is politically impotent.

virile

adj. having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male

synonym: manly, masculine, potent

(1) **virile** strength, (2) **virile** vitality

The doctor said that regular exercise could help maintain a **virile** physique.

assassin

n. a person who murders a prominent or well-known person for political reasons or in exchange for money

synonym: killer, manslayer

(1) fall victim to an **assassin**, (2) would-be **assassin**

She hired an **assassin** to kill her opponent.

tragic

adj. causing great sadness or suffering; very unfortunate

synonym: calamitous, disastrous, catastrophic

(1) **tragic** love stories, (2) **tragic** death

The **tragic** events of the war left many families torn apart.

restricted

adj. limited in extent, number, scope, or action, especially by official rules, laws, etc.

synonym : limited, determinate, fixed

(1) **restricted** area, (2) lactose **restricted** diet

The country has designated our products as **restricted** import goods.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym : endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

deficiency

n. the state of lack, or not having enough of, something that is essential

synonym : insufficiency, shortage, depletion

(1) a **deficiency** of copper and zinc, (2) a mild degree of mental **deficiency**

Vitamin **deficiency** can lead to various illnesses.

duration

n. the length of time something lasts or continues

synonym : period, span, course

(1) the **duration** of insurance, (2) short **duration**

The military incarcerated him for the **duration** of the war.

numerous

adj. amounting to a large indefinite number

synonym : many, considerable, countless

(1) **numerous** countries, (2) as **numerous** as the sand

These descriptions are based on a number of **numerous** assumptions.

bowel

n. the part of the alimentary canal below the stomach; the intestine, especially the lower intestine

synonym :

intestine, gut, stomach

(1) **bowel** ailment, (2) whole- **bowel** irrigation

He had surgery to remove a portion of his small **bowel**.

prostate

n. a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen

synonym: gland, bladder

(1) **prostate** surgery, (2) enlarged **prostate**

Men over the age of 50 are at a higher risk for **prostate** cancer.

breast

n. either of the two round soft parts of a woman's chest which secrete milk after childbirth

synonym: bosom, chest, bust

(1) **breast** cancer, (2) the mountain's **breast**

He grilled the **breast** meat of a chicken.

organization

n. a group of people who work together for a shared purpose

synonym: association, institution, community

(1) **organization** chart, (2) agricultural **organization**

She is the president of a large international **organization**.

shift

n. a slight transition in position, direction, or trend

synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

probable

adj. likely to happen or likely to be true

synonym: likely, possible, potential

(1) **probable** outcome, (2) **probable** cause of a fire

It seems **probable** that he has forgotten our scheduled meeting.

carcinogenic

adj. capable of causing cancer or promoting tumor growth; cancer-causing

synonym : cancer-causing, cancerous, malignant

(1) **carcinogenic** chemicals, (2) **carcinogenic** air pollution

Long-term exposure to **carcinogenic** materials can result in serious health problems.

rhythm

n. a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing

synonym : beat, cadence, tempo

(1) in samba **rhythm**, (2) irregular heart **rhythm**

He beat out a jazz **rhythm** on the cajones.

maxim

n. a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior

synonym : adage, proverb, aphorism

(1) old **maxim**, (2) act upon a **maxim**

A good **maxim** is never out of season.

mortal

adj. subject to death; unrelenting and deadly

synonym : deathly, perishable, non-eternal

(1) a **mortal** combat, (2) this **mortal** life

All humans are **mortal** and will eventually die.

unwise

adj. not sensible or prudent; likely to cause harm or negative consequences; lacking in good judgment or common sense

synonym : absurd, ill-advised, imprudent

(1) **unwise** decision, (2) **unwise** strategy

Ignoring warning signs of a potential health issue is **unwise** and can harm your health.

epidemiology

n. the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems

synonym : public health, disease control

(1) **epidemiology** research, (2) cancer **epidemiology**

The **epidemiology** of influenza has been well studied over the years, leading to the development of effective vaccines and treatment strategies.

predict

v. to state beforehand that something will happen in the future, mainly based on knowledge or experience

synonym : forecast, anticipate, foresee

(1) **predict** the future, (2) **predict** when she will arrive

It's notoriously challenging to **predict** birth rates.

all-cause

adj. referring to the entire range of factors that can contribute to a disease, injury, or death rather than focusing on a specific cause or factor

synonym : all-encompassing, general, universal

(1) **all-cause** hospitalization, (2) **all-cause** morbidity

The hospital tracks **all-cause** readmission rates for patients within 30 days of discharge.

mortality

n. the quality or state of being subject to death

synonym : fatality

(1) **mortality** due to cancer, (2) lower infant **mortality**

This disease has a high **mortality**.

sufficient

adj. adequate; enough for a particular purpose or requirement

synonym : acceptable, ample, satisfactory

(1) **sufficient** time, (2) self- **sufficient** economy

That candidate does not have **sufficient** means to win an election with certainty.

disquiet

n. a feeling of anxiety or unease; a sense of restlessness or agitation; a state of mental or emotional disturbance; (verb) to cause or feel unease, restlessness, or agitation

synonym : anxiety, unrest, uneasiness

(1) cause **disquiet** among the residents, (2) mood of **disquiet**

The **disquiet** in the community grew as rumors spread about the upcoming changes.

erode

v. to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time

synonym: wear away, deteriorate, corrode

(1) **erode** coast, (2) **erode** trust

The ongoing budget cuts have **eroded** the quality of education in many schools.

fabric

n. cloth or other material produced by weaving wool, cotton, silk, etc., used for making clothes, covering furniture, etc.

synonym: cloth, material, goods

(1) a hand-loomed **fabric**, (2) **fabric** of creation

These synthetic **fabrics** are used in military vests because of their excellent abrasion resistance.

biology

n. the scientific study of life and the natural processes of living things

(1) evolutionary **biology**, (2) cell and molecular **biology**

In junior high school, we had to dissect a frog in **biology** class.

genetic

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

synonym: hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder

Understanding protein folding is a vital step in deciphering the **genetic** code.

relative

adj. considered and evaluated through comparison with something else

synonym : comparative, proximate, congeneric

(1) a remote **relative**, (2) **relative** factors

Most countries prohibit sexual activity between certain close **relatives**.

sizable

adj. large in size or amount

synonym : large, significant, considerable

(1) **sizable** portion, (2) **sizable** audience

He has a **sizable** fortune and is one of the wealthiest people in the city.

distort

v. to change something's shape, appearance, or sound so that it appears weird or unclear

synonym : fudge, deform, contort

(1) **distort** the facts, (2) **distort** the economy

Economists contend that taxes **distort** consumer behavior in general.

contrast

v. to put in opposition to show or emphasize differences

synonym : differ, vary, counterpoint

(1) **contrast** with a decade ago, (2) **contrast** two things

It's intriguing to compare and **contrast** the two authors.

regulate

v. to control something, especially by means of rules or laws

synonym : control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct

We must manage to **regulate** our expenditure.

promote

v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

synonym : boost, raise, advertise

(1) **promote** a better relationship, (2) **promote** bad behavior

The government should do more to **promote** sustainable agribusiness.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym : established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

Chronic hyperglycemia is a trigger for a variety of serious diseases.

inflammation

n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

synonym : rash, hives, irritation

(1) reduce **inflammation** and pain, (2) **inflammation** of the lungs

The medicine soothes the pain of chronic **inflammation**.

consequence

n. the outcome of a particular action or event, especially relative to an individual

synonym : result, impact, outcome

(1) unintended **consequences**, (2) the **consequence** of an argument

These economic activities had disastrous environmental **consequences**.

retreat

n. the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life

synonym : escape, withdrawal, vacation

(1) **retreat** deeper into their territory, (2) **retreat** in a mountain region

Many people go on a **retreat** to recharge and reconnect with themselves.

unscathed

adj. not harmed or injured; untouched or unharmed by a negative or dangerous situation

synonym : unhurt, intact, unharmed

(1) **unscathed** survivor, (2) come away **unscathed**

Thankfully, the driver emerged from the accident **unscathed**.

leak

v. to allow liquid or gas to get in or out from a hole or crack in a pipe or container

synonym: outflow, divulge, disclose

(1) **leak** data, (2) **leak** a classified memo

He **leaked** serious accounting irregularities that only people in the company's executive could know.

nook

n. a small corner, alcove, or recess, especially one in a room or garden providing a seat or space for quiet

synonym: niche, corner, alcove

(1) every **nook** and cranny, (2) breakfast **nook**

The kitchen **nook** was perfect for coffee and chatting with friends.

cranny

n. a small, narrow opening or crack, especially in a wall or rock

synonym: crevice, nook, niche

(1) a **cranny** in the corner, (2) look in every nook and **cranny**

The mouse squeezed into the tiniest **cranny** of the wall to avoid being caught by the cat.

physiology

n. the branch of the biological sciences dealing with the functioning of organisms

(1) human **physiology**, (2) **physiology** research

Physiology is the science of how living things work.

tamper

v. to interfere with something in a way that causes damage or unauthorized alteration; to meddle with or manipulate something without permission or authority; (noun) a tool or device used for interfering with or altering something in a way that is unauthorized or illegal

synonym: meddle, fiddle, monkey

(1) **tamper** with evidence, (2) **tamper-resistant**

It's important not to **tamper** with the settings on your

computer unless you know what you're doing.

nucleus

n. the central and most important part of something;
(biology) a part of the cell containing DNA and RNA and responsible for growth and reproduction; (physics) the very dense central region of an atom

synonym : core, heart, middle

(1) form a **nucleus**, (2) the **nucleus** of a team
DNA is stored in the **nucleus** of a cell.

alphabet

n. a character set that includes letters and is used to write a language

synonym : ABC's

(1) letters of an **alphabet**, (2) an **alphabet** of manual signs
He strove to memorize the Hebrew **alphabet**.

narrative

n. a story or a description of a series of events or process of telling a story

synonym : the tale, chronology, annals

(1) **narrative** poetry, (2) personal **narrative**
The **narrative** handles multiple plot lines and has unpredictable ends.

tip

n. the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

synonym : edge, advice, gratuity

(1) the **tip** of a paintbrush, (2) give the waiter a **tip** .
I will introduce some **tips** on learning English in this class.

dam

n. a wall constructed over a river to block the flow of water, mainly used to generate energy

synonym : barricade, barrier, embankment

(1) **dam-building** program, (2) **dam** collapsing
The break in the **dam** threatened the valley.

alcohol

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

synonym : booze, liquor, ethanol

(1) stop drinking **alcohol**, (2) diluted **alcohol**

There is a clear association between **alcohol** consumption and cognitive decline.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym : toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

regularity

n. the quality or state of being done often; conformity to a set of rules, standards, or expectations; the state of occurring with a consistent or predictable pattern or frequency

synonym : consistency, uniformity, regularness

(1) the **regularity** of his breathing, (2) sleep **regularity**

The **regularity** of exercise is important for maintaining good health.

anchor

n. a device, typically made of metal, that is used to moor a ship or boat in a particular place, typically by being dropped to the seabed; a central cohesive source of support and stability

synonym : mainstay, ballast, backbone

(1) **anchor** bolt, (2) **anchor** weight

The ship dropped **anchor** in the bay.

improve

v. to make or become better

synonym : enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

quantity

n. the amount or number of something; magnitude
synonym: abundance, portion, amount

(1) half **quantity**, (2) residual **quantity**

In southward, the average annual water **quantity** increases.

core

n. the most essential or fundamental part of something
synonym: center, basis, heart

(1) the **core** of an apple, (2) **core** business activity

These gas nebulas are merely newborn galactic **cores**.

temperature

n. the degree of hotness or coldness of a thing or place
synonym: climate, warmth, degree

(1) extreme **temperatures**, (2) the atmospheric **temperature**

Cities around the world set records for highest **temperatures** this summer.

degree

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym: level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

asleep

adj. in a state of sleep

synonym: sleeping, fallen, at rest

(1) **asleep** at the wheel, (2) dead **asleep**

He lay down and fell **asleep** immediately.

aim

v. to try or plan to get or achieve something

synonym: aspire, direct, target

(1) **aim** at a specific target, (2) **aim** to be a nurse

We **aim** for an overseas expansion.

optimal

adj. the best; most likely to be successful or advantageous

synonym: optimum, desirable, favorable

(1) achieve **optimal** health, (2) **optimal** for intellectual growth

Wild animals need to go forward with the **optimal** action to survive.

mission-critical

adj. essential to the success or functioning of a particular mission, task, or operation, often with significant consequences if not completed or accomplished correctly

synonym: essential, crucial, vital

(1) **mission-critical** infrastructure, (2) **mission-critical** tasks

The company's **mission-critical** software must be tested before being deployed to users.

luxury

n. a state of great comfort or sophistication, mainly provided by expensive and beautiful things

synonym: extravagance, indulgence, opulence

(1) get into the **luxury** car market, (2) **luxury** hotel

His anti- **luxury** practices were quite strict.

negotiable

adj. capable of being discussed and agreed upon; able to be changed or altered through negotiation

synonym: flexible, adjustable, adaptable

(1) a **negotiable** bill, (2) **negotiable** salary

The price of these items is **negotiable**, so feel free to make an offer.

necessity

n. the state or fact of being needed; anything indispensable

synonym: need, essentiality, prerequisite

(1) in great **necessity**, (2) the **necessity** of the concrete measure

He emphasized the **necessity** of immediate action.

immortality

n. the state or quality of being able to live or last forever

synonym: endless life, timelessness, agelessness

(1) the **immortality** of the soul, (2) achieve **immortality**
Many people believe in the concept of **immortality** and an afterlife.

decimate

v. to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number

synonym: devastate, destroy, annihilate

(1) **decimate** population, (2) **decimate** economy

The hurricane **decimated** the small town, leaving behind destruction and devastation.

industrialize

v. to organize the production of something into an industry

synonym: motorize

(1) **industrialize** service, (2) **industrialized** textile production

The nations of South East Asia will quickly **industrialize** and catch up with the West.

nation

n. a large organized community of people living in a particular country or region and having a particular culture

synonym: country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and advanced technology.

catastrophic

adj. extremely harmful; causing physical or financial destruction

synonym: fatal, disastrous, destructive

(1) victim of **catastrophic** injuries, (2) **catastrophic** climate change

The extinction rate of aquatic animals was **catastrophic**.

silent

adj. without any or little sound

synonym: quiet, hushed, mute

(1) **silent** reading, (2) give **silent** consent

The politician remained **silent** despite intense media scrutiny.

epidemic

n. the widespread outbreak of a particular disease in a large number of people at the same time

synonym: outbreak, contagion, plague

(1) a worldwide **epidemic**, (2) health **epidemic**

The disease is now reaching **epidemic** proportions in our country.

reclaim

v. to take back something previously lost, given, or paid, or ask to have it back

synonym: recoup, regain, retake

(1) **reclaim** a competitive position, (2) **reclaim** land from the sea

You may be entitled to **reclaim** some tax.

embarrass

v. to cause someone to feel awkward, worried, or ashamed

synonym: disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project

He looked for an opportunity to **embarrass** that actor in public.

unfortunate

adj. having bad luck or fortune; unlucky

synonym: unlucky, pitiful, wretched

(1) an **unfortunate** orphan, (2) an **unfortunate** situation

The **unfortunate** accident caused many injuries and some fatalities.

stigma

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

synonym: mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

reunite

v. to bring two or more people together again after a period of separation

synonym : reconcile, reunify, reconvene

(1) **reunite** after five years, (2) **reunite** with my friend

The band will **reunite** only for this show.

elixir

n. a medicinal or restorative substance believed to possess healing properties; a drink or potion believed to promote good health, vitality, or longevity

synonym : potion, concoction, panacea

(1) **elixir** of eternal life, (2) magical **elixir**

The chef added a secret **elixir** to the dish to enhance the flavor.

soapbox

n. a makeshift platform or podium, typically one that is improvised in a public place, used for making impromptu speeches or for expressing opinions on various topics; (verb) to express one's opinions or deliver a speech in a passionate, forceful, or assertive manner

synonym : platform, podium, soap opera

(1) **soapbox** about climate change, (2) get on a **soapbox**

The politician climbed onto his **soapbox** and began his campaign speech.

rant

v. to talk or complain in a loud, angry, or intense manner, often for an extended period of time, usually about something that one feels strongly about

synonym : jabber, vent, grumble

(1) **rant** online, (2) **rant** about the service

I listened to my boss **rant** about the company's latest project for an hour.

terrifying

adj. very frightening or intimidating

synonym : frightening, intimidating, alarming

(1) **terrifying** experience, (2) **terrifying** events

Large earthquakes often generate **terrifying** tsunamis.

matte

adj. having a surface without a shine, luster; non-glossy
synonym: dull, flat, lusterless

(1) **matte** coating, (2) photo with a **matte** finish
The body of his car has a **matte** finish.

suppose

v. to think that something is likely to be actual or possible
synonym: guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand
What do you **suppose** the culprit's motive was?

toss

v. to throw something carelessly with a light motion
synonym: throw, sway

(1) **toss** a coin, (2) **toss** the bottle into a trash can
It would be best if you **tossed** out all those old magazines.

accumulate

v. to collect or acquire a large number of things over a long period of time

synonym: amass, stash, earn

(1) **accumulate** cash value, (2) **accumulate** evidence
He has **accumulated** his wealth through real estate investments.

debt

n. something, especially money, goods, or services owed by one person to another; the state of owing something
synonym: liability, obligation, deficit

(1) **debt** ceiling, (2) corporate **debt**
He became in **debt** after losing his job.

deteriorate

v. to become worse in quality; to decline or degenerate
synonym: decline, degenerate, regress

(1) **deteriorate** at a slow pace, (2) **deteriorate** condition
The patient's health **deteriorated** rapidly after being diagnosed with the disease.

deliberately

adv. done in an intentional or slow and careful manner
synonym: intentionally, knowingly, willfully

(1) **deliberately** amateurish, (2) commit a crime
deliberately

He **deliberately** misleads others.

apparent

adj. able to see or understand easily or clearly

synonym: obvious, clear, conspicuous

(1) heir **apparent**, (2) **apparent** contradiction

This star is **apparent** to the naked eye.

evolution

n. a gradual process of transformation of living things

synonym: elaboration, expansion, transition

(1) human **evolution**, (2) **evolution** theory

They study the **evolution** of the universe.

implode

v. to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely

synonym: collapse, crumble, disintegrate

(1) **implode** building, (2) **implode** business

The banking industry feared the economy would **implode** due to risky investments.

prioritize

v. to assign a higher level of importance to something compared to other things

synonym: rank, order, arrange

(1) **prioritize** tasks, (2) **prioritize** people over cars

The organization **prioritized** the needs of the community in its decision-making.

association

n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

synonym: affiliation, collaboration, society

(1) word **associations**, (2) a scholarship **association**

His membership in the **association** provided him with numerous benefits.

analogy

n. a comparison between similar things that have similar aspects, often used to help explain a principle or concept

synonym : metaphor, comparison, parallel

(1) draw **analogy**, (2) historical **analogy**

Some kinds of machine learning models show an **analogy** to how people learn.

Session 2: Spelling

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|---------------------------------|----|---|
| 1. as_____te with people widely | v. | to mentally connect someone or something with someone or something else |
| 2. app_____te the value | v. | to value and acknowledge the worth of someone or something; to be grateful for something or someone |
| 3. na_____ve poetry | n. | a story or a description of a series of events or process of telling a story |
| 4. tr_____ct internationally | v. | to carry out or conduct a business or other transaction; to complete or fulfill an agreement, deal, or contract |
| 5. su____r a setback | v. | to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant |
| 6. fa____c of creation | n. | cloth or other material produced by weaving wool, cotton, silk, etc., used for making clothes, covering furniture, etc. |
| 7. Al_____er's risk factors | n. | a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults |
| 8. phy_____gy research | n. | the branch of the biological sciences dealing with the functioning of organisms |
| 9. a coordinate a__s | n. | a real or imaginary straight line through a body or figure around which the object turns; a group of countries in special alliance |

ANSWERS: 1. associate, 2. appreciate, 3. narrative, 4. transact, 5. suffer, 6. fabric, 7. Alzheimer, 8. physiology, 9. axis

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|---|---|
| 10. a bold hyp_____is | <i>n.</i> a proposed idea or explanation that is based on a few known facts but has not yet been proven to be true or accurate |
| 11. equ_____nt amounts | <i>n.</i> having the same value, quality, meaning, purpose, etc. |
| 12. stop drinking al_____l | <i>n.</i> a clear liquid that can make people drunk and is used in medicines, cleaning products, etc. |
| 13. health ep_____ic | <i>n.</i> the widespread outbreak of a particular disease in a large number of people at the same time |
| 14. self-int_____ion | <i>n.</i> a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market |
| 15. a scientific di_____ry | <i>n.</i> the act or process of finding information, a place, or an object, or learning about something that was previously not known |
| 16. st_____re and function of the brain | <i>n.</i> the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts |
| 17. an al_____et of manual signs | <i>n.</i> a character set that includes letters and is used to write a language |
| 18. nontechnical as____ts of the job | <i>n.</i> one part or feature of a situation, problem, subject, etc. |

ANSWERS: 10. hypothesis, 11. equivalent, 12. alcohol, 13. epidemic, 14. introduction, 15. discovery, 16. structure, 17. alphabet, 18. aspect

19. re_____on strategy *n.* a decrease in size, amount, or degree
20. ter_____ng experience *adj.* very frightening or intimidating
21. de_____e others of profit *v.* to take away something from someone
22. di_____s solutions *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
23. a learning dis_____ty *n.* a physical or mental condition that makes it difficult for someone to do some things that other people do
24. im_____e building *v.* to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely
25. agricultural org_____ion *n.* a group of people who work together for a shared purpose
26. su_____e beforehand *v.* to think that something is likely to be actual or possible
27. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
28. re_____te blood sugar levels *v.* to control something, especially by means of rules or laws
29. get into the lu____y car market *n.* a state of great comfort or sophistication, mainly provided by expensive and beautiful things
30. as____n top priority *v.* to give a specific job or piece of work to a someone

ANSWERS: 19. reduction, 20. terrifying, 21. deprive, 22. discuss, 23. disability, 24. implode, 25. organization, 26. suppose, 27. medical, 28. regulate, 29. luxury, 30. assign

31. al____ng statistics *adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing
32. philosophical nat_____sm *n.* a philosophical belief that everything, including human behavior and cognition, can be explained solely by natural causes and laws
33. cause an ac_____nt *n.* an unfortunate event, especially one causing damage or injury
34. in____t a graphic *v.* to put something inside something else
35. f__e in importance *v.* to vanish; to fade away; to lose color; to lose freshness
36. al____ng news *adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing
37. a synthetic derivative of tes_____one *n.* a male hormone that is responsible for the development of male secondary sex characteristics
38. test my hyp_____is *n.* a proposed idea or explanation that is based on a few known facts but has not yet been proven to be true or accurate
39. federal ci_____t courts *n.* (in electrical engineering) an electrical device that provides a path for electrical current to flow; a journey or route around a particular place or area
40. par_____te in the program *v.* to take part in something
41. mis_____cal infrastructure *adj.* essential to the success or functioning of a particular mission, task, or operation, often with significant consequences if not completed or accomplished correctly

ANSWERS: 31. alarming, 32. naturalism, 33. accident, 34. insert, 35. fade, 36. alarming, 37. testosterone, 38. hypothesis, 39. circuit, 40. participate, 41. mission-critical

42. ta___r-resistant *v.* to interfere with something in a way that causes damage or unauthorized alteration; to meddle with or manipulate something without permission or authority; (noun) a tool or device used for interfering with or altering something in a way that is unauthorized or illegal
43. car_____lar diseases *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
44. de_____s their spirits *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
45. pri_____ze tasks *v.* to assign a higher level of importance to something compared to other things
46. severe cr___c *n.* someone who expresses opinions about the quality of books, music, etc.
47. a worldwide ep_____ic *n.* the widespread outbreak of a particular disease in a large number of people at the same time
48. self-suf_____nt economy *adj.* adequate; enough for a particular purpose or requirement
49. the int_____ted nature of the problems *adj.* closely connected or related to each other
50. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
51. a sp_____e-shaped muscle *n.* a rotating shaft that serves as axes for larger rotating parts; (biology) tiny fibers that are seen in cell division

ANSWERS: 42. tamper, 43. cardiovascular, 44. depress, 45. prioritize, 46. critic, 47. epidemic, 48. sufficient, 49. interrelated, 50. struggle, 51. spindle

52. co____st with a decade ago *v.* to put in opposition to show or emphasize differences
53. el____r of eternal life *n.* a medicinal or restorative substance believed to possess healing properties; a drink or potion believed to promote good health, vitality, or longevity
54. injury in a car ac____nt *n.* an unfortunate event, especially one causing damage or injury
55. natural da____ht *n.* the natural light produced by the sun during the day, especially in contrast to artificial light or darkness
56. im____e a process *v.* to make or become better
57. swollen te____les *n.* one of the two oval-shaped organs in men that produce sperm and testosterone; in animals, the equivalent organ responsible for producing sperm and often also regulating testosterone levels
58. ca____ne intake *n.* a stimulant drug that is found in coffee, tea, and other beverages and that is used to increase alertness and improve mental and physical performance
59. exp____tal data *adj.* relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have
60. coffee with the ca____ne removed *n.* a stimulant drug that is found in coffee, tea, and other beverages and that is used to increase alertness and improve mental and physical performance

ANSWERS: 52. contrast, 53. elixir, 54. accident, 55. daylight, 56. improve, 57. testicle, 58. caffeine, 59. experimental, 60. caffeine

61. probably have de____ia *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
62. er__e coast *v.* to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time
63. re____ve factors *adj.* considered and evaluated through comparison with something else
64. br____ve idea *n.* a sudden idea or inspiration; a moment of great insight or creativity
65. f__k art *n.* people in general, especially those of a particular group or type
66. int____ted factors *adj.* closely connected or related to each other
67. word ass____ons *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
68. op____l for intellectual growth *adj.* the best; most likely to be successful or advantageous
69. the nu____s of a team *n.* the central and most important part of something; (biology) a part of the cell containing DNA and RNA and responsible for growth and reproduction; (physics) the very dense central region of an atom
70. fall victim to an as____in *n.* a person who murders a prominent or well-known person for political reasons or in exchange for money

ANSWERS: 61. dementia, 62. erode, 63. relative, 64. brainwave, 65. folk, 66. interrelated, 67. association, 68. optimal, 69. nucleus, 70. assassin

71. musical ins_____nts
n. an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work
72. a me_____l opinion
adj. relating to the treatment of illness or injuries; relating to the practice of medicine
73. defense me_____sm
n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
74. series of exp_____nts
n. the scientific test conducted to observe what happens and gain new knowledge
75. ind_____ize service
v. to organize the production of something into an industry
76. bo___e back from failure
v. to cause to move up or away after hitting a surface; to spring back
77. si_____e portion
adj. large in size or amount
78. na___n-state
n. a large organized community of people living in a particular country or region and having a particular culture
79. a m___s of molten rock
n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
80. surgical ins_____nts
n. an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work

ANSWERS: 71. instrument, 72. medical, 73. mechanism, 74. experiment, 75. industrialize, 76. bounce, 77. sizable, 78. nation, 79. mass, 80. instrument

81. bo___e across the floor *v.* to cause to move up or away after hitting a surface; to spring back
82. exp_____tal design *adj.* relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have
83. l__k data *v.* to allow liquid or gas to get in or out from a hole or crack in a pipe or container
84. de_____yed evidence *v.* to ruin or damage severely or completely; to eradicate or eliminate completely
85. tr_____c jam *n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time
86. platinum el_____des *n.* either of two points or ends of a conductor at which electricity enters or leaves an object, substance, or region
87. as___p at the wheel *adj.* in a state of sleep
88. ap_____nt contradiction *adj.* able to see or understand easily or clearly
89. dep_____on of liberty *n.* a state of not having something, such as food or money, that you need for a pleasant life
90. dead as___p *adj.* in a state of sleep
91. am_____y the effect *v.* to enhance something, particularly sound or brightness

ANSWERS: 81. bounce, 82. experimental, 83. leak, 84. destroy, 85. traffic, 86. electrode, 87. asleep, 88. apparent, 89. deprivation, 90. asleep, 91. amplify

92. ex_____ng news *adj.* causing a lot of interest or excitement
93. magical el____r *n.* a medicinal or restorative substance believed to possess healing properties; a drink or potion believed to promote good health, vitality, or longevity
94. nu_____us countries *adj.* amounting to a large indefinite number
95. s__n the face of the man *v.* to examine something hastily, with the eyes or with a machine, to get information
96. en_____e value *v.* to increase or improve the quality, amount, or strength of someone or something
97. tr_____er a file *v.* to move, pass, or change from one person, place, or situation to another
98. ind_____ized textile production *v.* to organize the production of something into an industry
99. phy_____cal response *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
100. bl__t criticism *adj.* having a dull or rounded edge or point; not sharp; straightforward in speech or manner, often to the point of being rude or insensitive
101. the reg_____ty of his breathing *n.* the quality or state of being done often; conformity to a set of rules, standards, or expectations; the state of occurring with a consistent or predictable pattern or frequency

ANSWERS: 92. exciting, 93. elixir, 94. numerous, 95. scan, 96. enhance, 97. transfer, 98. industrialize, 99. physiological, 100. blunt, 101. regularity

102. d__e into anime communities *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
103. re____te our conduct *v.* to control something, especially by means of rules or laws
104. diluted al____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
105. the imp_____on of a word *n.* something that is inferred or indirectly stated; the act or fact of being involved in something
106. de____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
107. re____m a competitive position *v.* to take back something previously lost, given, or paid, or ask to have it back
108. as nu____us as the sand *adj.* amounting to a large indefinite number
109. con_____te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
110. legal co____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
111. ind_____al freedom *n.* a single person or thing, as distinct from a group

ANSWERS: 102. dive, 103. regulate, 104. alcohol, 105. implication, 106. develop, 107. reclaim, 108. numerous, 109. contribute, 110. context, 111. individual

112. im___e from criminal prosecution *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
113. heavy tr_____c *n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time
114. el_____de corrosion *n.* either of two points or ends of a conductor at which electricity enters or leaves an object, substance, or region
115. re_____e with my friend *v.* to bring two or more people together again after a period of separation
116. de_____ia patients *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
117. reduce inf_____ion and pain *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
118. research on co_____ve psychology *adj.* of or relating to mental processes of understanding
119. sup_____on by the police *n.* the act or process of overseeing or directing the work or performance of others
120. critical m__s *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

ANSWERS: 112. immune, 113. traffic, 114. electrode, 115. reunite, 116. dementia, 117. inflammation, 118. cognitive, 119. supervision, 120. mass

121. corporate d__t *n.* something, especially money, goods, or services owed by one person to another; the state of owing something
122. sp_____e cell cancer *n.* a rotating shaft that serves as axes for larger rotating parts; (biology) tiny fibers that are seen in cell division
123. major paradigm sh__t *n.* a slight transition in position, direction, or trend
124. re_____t in a mountain region *n.* the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life
125. d__t ceiling *n.* something, especially money, goods, or services owed by one person to another; the state of owing something
126. fairly ty_____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
127. under sup_____on *n.* the act or process of overseeing or directing the work or performance of others
128. cause di_____et among the residents *n.* a feeling of anxiety or unease; a sense of restlessness or agitation; a state of mental or emotional disturbance; (verb) to cause or feel unease, restlessness, or agitation
129. have ge_____c testing *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
130. crossword pu___e *n.* a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand

ANSWERS: 121. debt, 122. spindle, 123. shift, 124. retreat, 125. debt, 126. typical, 127. supervision, 128. disquiet, 129. genetic, 130. puzzle

131. id____fy handwriting *v.* to recognize someone or something and say or prove who or what they are
132. l__k a classified memo *v.* to allow liquid or gas to get in or out from a hole or crack in a pipe or container
133. the rem_____le breadth of knowledge *adj.* worthy of attention because unusual or special
134. un_____ed guests *adj.* not wanted or desired
135. pr_____le outcome *adj.* likely to happen or likely to be true
136. the c__e of an apple *n.* the most essential or fundamental part of something
137. pr_____e bad behavior *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
138. cancer epi_____ogy *n.* the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems
139. at inc_____le speed *adj.* unbelievable; enormous
140. res_____ed area *adj.* limited in extent, number, scope, or action, especially by official rules, laws, etc.
141. short du_____on *n.* the length of time something lasts or continues
142. tr___c love stories *adj.* causing great sadness or suffering; very unfortunate

ANSWERS: 131. identify, 132. leak, 133. remarkable, 134. unwanted, 135. probable, 136. core, 137. promote, 138. epidemiology, 139. incredible, 140. restricted, 141. duration, 142. tragic

143. continuously sh____ng landscape *adj.* constantly changing or moving
144. di____t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
145. r__t about the service *v.* to talk or complain in a loud, angry, or intense manner, often for an extended period of time, usually about something that one feels strongly about
146. sti_____on of the senses *n.* the act of arousing interest or activity in something; the action of providing a stimulus
147. si____t reading *adj.* without any or little sound
148. id____fy gene sequences *v.* to recognize someone or something and say or prove who or what they are
149. s__k away stress *v.* to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money
150. an accumulative de____t *n.* the total amount by which money spent is greater than money earned in a particular period of time; the property of being an amount by which something, especially an amount of money, is less than expected or required
151. re____t deeper into their territory *n.* the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life
152. chemical ad____on *n.* the act or process of adding something to something else; the process of adding numbers

ANSWERS: 143. shifting, 144. disrupt, 145. rant, 146. stimulation, 147. silent, 148. identify, 149. soak, 150. deficit, 151. retreat, 152. addition

153. diagnosed in_____ly as a tumor *adv.* at the beginning; at first
154. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
155. form a nu_____s *n.* the central and most important part of something; (biology) a part of the cell containing DNA and RNA and responsible for growth and reproduction; (physics) the very dense central region of an atom
156. vi_____e vitality *adj.* having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male
157. sa_____e operation *n.* the act of saving or rescuing something from potential loss or destruction; the property or items that are saved or rescued in this way; (verb) to save, recover, or rescue something from a dangerous, damaged, or deteriorating situation
158. tu__r at remote sites *n.* a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way
159. letters of an al_____et *n.* a character set that includes letters and is used to write a language
160. ev_____on theory *n.* a gradual process of transformation of living things
161. an ele_____al storm *adj.* relating to electricity

ANSWERS: 153. initially, 154. associate, 155. nucleus, 156. virile, 157. salvage, 158. tumor, 159. alphabet, 160. evolution, 161. electrical

162. the f__k songs of a particular district *n.* people in general, especially those of a particular group or type
163. an___r weight *n.* a device, typically made of metal, that is used to moor a ship or boat in a particular place, typically by being dropped to the seabed; a central cohesive source of support and stability
164. sudden br____ve *n.* a sudden idea or inspiration; a moment of great insight or creativity
165. f__e away almost completely *v.* to vanish; to fade away; to lose color; to lose freshness
166. the mountain's br___t *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
167. a tremor of de____t *n.* a feeling of great pleasure or happiness
168. art cr___c *n.* someone who expresses opinions about the quality of books, music, etc.
169. the me____sm for DNA replication *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
170. ro____ly scheduled maintenance *adv.* on a regular or habitual basis; in a manner that is customary or expected
171. pr____t the future *v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience
172. ad____on of vectors *n.* the act or process of adding something to something else; the process of adding numbers

ANSWERS: 162. folk, 163. anchor, 164. brainwave, 165. fade, 166. breast, 167. delight, 168. critic, 169. mechanism, 170. routinely, 171. predict, 172. addition

173. inf_____ion of the lungs *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
174. half qu_____ty *n.* the amount or number of something; magnitude
175. an unf_____te situation *adj.* having bad luck or fortune; unlucky
176. participate in cl_____al trials *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
177. de_____y the ecosystem *v.* to ruin or damage severely or completely; to eradicate or eliminate completely
178. fi__d for chocolate *n.* an evil or wicked person or supernatural being; someone who is excessively devoted or addicted to something
179. pr_____te surgery *n.* a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen
180. un_____e strategy *adj.* not sensible or prudent; likely to cause harm or negative consequences; lacking in good judgment or common sense
181. daytime n_p *n.* a short sleep, especially during the day
182. breakfast n__k *n.* a small corner, alcove, or recess, especially one in a room or garden providing a seat or space for quiet

ANSWERS: 173. inflammation, 174. quantity, 175. unfortunate, 176. clinical, 177. destroy, 178. fiend, 179. prostate, 180. unwise, 181. nap, 182. nook

183. ch____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
184. neurons in the hip____us *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
185. si____e audience *adj.* large in size or amount
186. a private ind____al *n.* a single person or thing, as distinct from a group
187. di____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
188. sleep reg____ty *n.* the quality or state of being done often; conformity to a set of rules, standards, or expectations; the state of occurring with a consistent or predictable pattern or frequency
189. achieve op____l health *adj.* the best; most likely to be successful or advantageous
190. federal budget de____t *n.* the total amount by which money spent is greater than money earned in a particular period of time; the property of being an amount by which something, especially an amount of money, is less than expected or required
191. developed sn____ot *n.* an informal photograph, especially one taken quickly
192. det____te condition *v.* to become worse in quality; to decline or degenerate

ANSWERS: 183. chronic, 184. hippocampus, 185. sizable, 186. individual, 187. disease, 188. regularity, 189. optimal, 190. deficit, 191. snapshot, 192. deteriorate

193. ty_____l leader *adj.* having the usual characteristics or traits of a specific group of things
194. a gradual re_____on *n.* a decrease in size, amount, or degree
195. photo with a ma__e finish *adj.* having a surface without a shine, luster; non-glossy
196. al_____se hospitalization *adj.* referring to the entire range of factors that can contribute to a disease, injury, or death rather than focusing on a specific cause or factor
197. every n__k and cranny *n.* a small corner, alcove, or recess, especially one in a room or garden providing a seat or space for quiet
198. cl_____al surgery *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
199. unintended con_____ces *n.* the outcome of a particular action or event, especially relative to an individual
200. im_____e business *v.* to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely
201. vi___e strength *adj.* having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male
202. a seafaring na___n *n.* a large organized community of people living in a particular country or region and having a particular culture

ANSWERS: 193. typical, 194. reduction, 195. matte, 196. all-cause, 197. nook, 198. clinical, 199. consequence, 200. implode, 201. virile, 202. nation

203. ab___b energy *v.* to take in a fluid or other substance gradually
204. enlarged pr_____te *n.* a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen
205. s__k in a hot spring *v.* to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money
206. evolutionary bi_____y *n.* the scientific study of life and the natural processes of living things
207. anthropology lab_____ry *n.* a workplace for doing scientific research or teaching science; a lab
208. im___r insulin sensitivity *v.* to damage something or make it weaker or worse
209. as___ts of social, political, and economic life *n.* one part or feature of a situation, problem, subject, etc.
210. commit a crime del_____ely *adv.* done in an intentional or slow and careful manner
211. tes_____one enhancer *n.* a male hormone that is responsible for the development of male secondary sex characteristics
212. vertical a__s *n.* a real or imaginary straight line through a body or figure around which the object turns; a group of countries in special alliance
213. vul_____le parts of the body *adj.* capable of being hurt or influenced physically or mentally

ANSWERS: 203. absorb, 204. prostate, 205. soak, 206. biology, 207. laboratory, 208. impair, 209. aspect, 210. deliberately, 211. testosterone, 212. axis, 213. vulnerable

214. Al mo____ot *n.* an ambitious, risky, and innovative project or goal, especially one that is intended to bring about radical change or breakthroughs in a particular field or industry, often inspired by the lunar landing mission of Apollo 11 in 1969
215. un_____ed survivor *adj.* not harmed or injured; untouched or unharmed by a negative or dangerous situation
216. give the waiter a t_p. *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
217. ab___b a shock *v.* to take in a fluid or other substance gradually
218. spe_____ar view *adj.* striking or impressive to look at or in performance or achievement
219. st___a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
220. co-_____nce pattern *n.* the simultaneous occurrence or presence of two or more things, often used in statistical or scientific contexts
221. el_____te sexual barriers *v.* to remove or get rid of someone or something
222. un_____ed attention *adj.* not wanted or desired
223. tu__r growth *n.* a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way

ANSWERS: 214. moonshot, 215. unscathed, 216. tip, 217. absorb, 218. spectacular, 219. stigma, 220. co-occurrence, 221. eliminate, 222. unwanted, 223. tumor

224. a mild degree of mental def_____cy *n.* the state of lack, or not having enough of, something that is essential
225. ter_____ng events *adj.* very frightening or intimidating
226. historical an_____y *n.* a comparison between similar things that have similar aspects, often used to help explain a principle or concept
227. pr_____e a better relationship *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
228. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
229. victim of cat_____hic injuries *adj.* extremely harmful; causing physical or financial destruction
230. det_____te at a slow pace *v.* to become worse in quality; to decline or degenerate
231. su_____e you're right *v.* to think that something is likely to be actual or possible
232. the ne_____ty of the concrete measure *n.* the state or fact of being needed; anything indispensable
233. come away un_____ed *adj.* not harmed or injured; untouched or unharmed by a negative or dangerous situation
234. er__e trust *v.* to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time

ANSWERS: 224. deficiency, 225. terrifying, 226. analogy, 227. promote, 228. embarrass, 229. catastrophic, 230. deteriorate, 231. suppose, 232. necessity, 233. unscathed, 234. erode

235. rem_____le achievement *adj.* worthy of attention because unusual or special
236. app_____te her feedback *v.* to value and acknowledge the worth of someone or something; to be grateful for something or someone
237. a remote re_____ve *adj.* considered and evaluated through comparison with something else
238. a_m at a specific target *v.* to try or plan to get or achieve something
239. suf_____nt time *adj.* adequate; enough for a particular purpose or requirement
240. as____n projects *v.* to give a specific job or piece of work to a someone
241. become ess_____ly same *adv.* relating to the essential features or concepts of anything
242. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
243. this mo___l life *adj.* subject to death; unrelenting and deadly
244. a scholarship ass_____on *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
245. human ev_____on *n.* a gradual process of transformation of living things
246. the imp_____on in a crime *n.* something that is inferred or indirectly stated; the act or fact of being involved in something

ANSWERS: 235. remarkable, 236. appreciate, 237. relative, 238. aim, 239. sufficient, 240. assign, 241. essentially, 242. brain, 243. mortal, 244. association, 245. evolution, 246. implication

247. phy_____cal activity *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
248. em_____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
249. in__x folder *n.* an electronic folder on a computer or phone where new emails, text messages, etc., that are sent to you are kept
250. de_____e a job offer *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
251. lab_____ry accident *n.* a workplace for doing scientific research or teaching science; a lab
252. commit su_____e *n.* the act of killing yourself intentionally
253. co_____e augmented reality *v.* to join or merge to form a single thing or group
254. wa_____og a field *v.* to saturate with water or become saturated with water; to cause something to be waterlogged or submerged in water
255. unf_____ely caught in a shower *adv.* by bad luck; unluckily
256. lu____y hotel *n.* a state of great comfort or sophistication, mainly provided by expensive and beautiful things
257. sti_____on of the economy *n.* the act of arousing interest or activity in something; the action of providing a stimulus

ANSWERS: 247. physiological, 248. embarrass, 249. inbox, 250. decline, 251. laboratory, 252. suicide, 253. combine, 254. waterlog, 255. unfortunately, 256. luxury, 257. stimulation

258. the vo____e spiked *n.* the difference in the force of an electric current between two points
259. un___e decision *adj.* not sensible or prudent; likely to cause harm or negative consequences; lacking in good judgment or common sense
260. the t_p of a paintbrush *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
261. t__s the bottle into a trash can *v.* to throw something carelessly with a light motion
262. de____te population *v.* to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number
263. fu____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
264. con____te a large sum of money to the fund *v.* to give something, especially money or goods, to provide or achieve something together with other people

ANSWERS: 258. voltage, 259. unwise, 260. tip, 261. toss, 262. decimate, 263. function, 264. contribute

265. br___t cancer	<i>n.</i> either of the two round soft parts of a woman's chest which secrete milk after childbirth
266. over sub_____nt months	<i>adj.</i> happening or occurring later or after something else
267. exp_____nt design	<i>n.</i> the scientific test conducted to observe what happens and gain new knowledge
268. im_____e the test score	<i>v.</i> to make or become better
269. bachelor's de___e	<i>n.</i> a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
270. wa_____og the roof	<i>v.</i> to saturate with water or become saturated with water; to cause something to be waterlogged or submerged in water
271. st_____le to get the job	<i>v.</i> to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
272. ve_____al takeoff	<i>adj.</i> upright or perpendicular to a horizontal surface or line
273. par_____te fully in conversation	<i>v.</i> to take part in something
274. del_____ely amateurish	<i>adv.</i> done in an intentional or slow and careful manner
275. Doppler sh__t	<i>n.</i> a slight transition in position, direction, or trend
276. residual qu_____ty	<i>n.</i> the amount or number of something; magnitude

ANSWERS: 265. breast, 266. subsequent, 267. experiment, 268. improve, 269. degree, 270. waterlog, 271. struggle, 272. vertical, 273. participate, 274. deliberately, 275. shift, 276. quantity

277. mo____ot idea *n.* an ambitious, risky, and innovative project or goal, especially one that is intended to bring about radical change or breakthroughs in a particular field or industry, often inspired by the lunar landing mission of Apollo 11 in 1969
278. sh____ng balance *adj.* constantly changing or moving
279. ex____ng football player *adj.* causing a lot of interest or excitement
280. even more unf____ely *adv.* by bad luck; unluckily
281. in samba rh____m *n.* a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing
282. low vo____e *n.* the difference in the force of an electric current between two points
283. di____t the facts *v.* to change something's shape, appearance, or sound so that it appears weird or unclear
284. look in every nook and cr____y *n.* a small, narrow opening or crack, especially in a wall or rock
285. car____nic chemicals *adj.* capable of causing cancer or promoting tumor growth; cancer-causing
286. so____al expectations *adj.* relating to society or social relationships
287. bo__l ailment *n.* the part of the alimentary canal below the stomach; the intestine, especially the lower intestine
288. with de____t *n.* a feeling of great pleasure or happiness
289. a ge____c disorder *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes

ANSWERS: 277. moonshot, 278. shifting, 279. exciting, 280. unfortunately, 281. rhythm, 282. voltage, 283. distort, 284. cranny, 285. carcinogenic, 286. societal, 287. bowel, 288. delight, 289. genetic

290. get on a so_____x
n. a makeshift platform or podium, typically one that is improvised in a public place, used for making impromptu speeches or for expressing opinions on various topics; (verb) to express one's opinions or deliver a speech in a passionate, forceful, or assertive manner
291. cell and molecular bi_____y
n. the scientific study of life and the natural processes of living things
292. achieve spe_____ar growth
adj. striking or impressive to look at or in performance or achievement
293. a neg_____le bill
adj. capable of being discussed and agreed upon; able to be changed or altered through negotiation
294. the imm_____ty of the soul
n. the state or quality of being able to live or last forever
295. extreme tem_____res
n. the degree of hotness or coldness of a thing or place
296. without impact wha_____er
adv. not at all; no matter what
297. fall into a sl_____r
n. a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap
298. in great ne_____ty
n. the state or fact of being needed; anything indispensable
299. am_____y a signal
v. to enhance something, particularly sound or brightness
300. wha_____er it be
adv. not at all; no matter what
301. tr_____te the emotion to a movement
v. to convert or change words into another language

ANSWERS: 290. soapbox, 291. biology, 292. spectacular, 293. negotiable, 294. immortality, 295. temperature, 296. whatsoever, 297. slumber, 298. necessity, 299. amplify, 300. whatsoever, 301. translate

302. the con_____ce of an argument *n.* the outcome of a particular action or event, especially relative to an individual
303. de___e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
304. an___r bolt *n.* a device, typically made of metal, that is used to moor a ship or boat in a particular place, typically by being dropped to the seabed; a central cohesive source of support and stability
305. a_m to be a nurse *v.* to try or plan to get or achieve something
306. co_____e chemically with another substance *v.* to join or merge to form a single thing or group
307. re_____e after five years *v.* to bring two or more people together again after a period of separation
308. aff_____le solution *adj.* not expensive and able to pay
309. r__t online *v.* to talk or complain in a loud, angry, or intense manner, often for an extended period of time, usually about something that one feels strongly about
310. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
311. take a n_p *n.* a short sleep, especially during the day
312. a mo___l combat *adj.* subject to death; unrelenting and deadly

ANSWERS: 302. consequence, 303. degree, 304. anchor, 305. aim, 306. combine, 307. reunite, 308. affordable, 309. rant, 310. decide, 311. nap, 312. mortal

313. reduce sub_____nt mortality *adj.* happening or occurring later or after something else
314. inc_____le amount *adj.* unbelievable; enormous
315. di_____s options *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
316. whole-bo__l irrigation *n.* the part of the alimentary canal below the stomach; the intestine, especially the lower intestine
317. chronic sleep dep_____on *n.* a state of not having something, such as food or money, that you need for a pleasant life
318. acc_____te evidence *v.* to collect or acquire a large number of things over a long period of time
319. draw an_____y *n.* a comparison between similar things that have similar aspects, often used to help explain a principle or concept
320. tennis a_e *n.* a playing card with a single symbol or mark that is typically the highest in value or rank in a particular card game; a person who is very skilled or successful in a specific activity or field
321. nat_____sm in literature *n.* a philosophical belief that everything, including human behavior and cognition, can be explained solely by natural causes and laws
322. the st_____re of a machine *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

ANSWERS: 313. subsequent, 314. incredible, 315. discuss, 316. bowel, 317. deprivation, 318. accumulate, 319. analogy, 320. ace, 321. naturalism, 322. structure

323. mathematical pu___e *n.* a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand
324. t__s a coin *v.* to throw something carelessly with a light motion
325. sea sp___e *n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
326. int_____ion education *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
327. act upon a ma__m *n.* a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior
328. equ_____nt in meaning *n.* having the same value, quality, meaning, purpose, etc.
329. de_____s crop prices *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
330. a cr___y in the corner *n.* a small, narrow opening or crack, especially in a wall or rock
331. historical co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

ANSWERS: 323. puzzle, 324. toss, 325. sponge, 326. introduction, 327. maxim, 328. equivalent, 329. depress, 330. cranny, 331. context

332. mi_____le experience *adj.* very unhappy, uncomfortable, or unpleasant; causing great distress or suffering
333. sl_____r in class *n.* a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap
334. literature of pe_____nt value *adj.* lasting for a long time without essential change
335. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
336. in_____t coin *v.* to put something inside something else
337. c__e business activity *n.* the most essential or fundamental part of something
338. the atmospheric tem_____re *n.* the degree of hotness or coldness of a thing or place
339. re___e a message *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
340. el_____te contestants *v.* to remove or get rid of someone or something
341. the du_____on of insurance *n.* the length of time something lasts or continues
342. an unf_____te orphan *adj.* having bad luck or fortune; unlucky

ANSWERS: 332. miserable, 333. slumber, 334. permanent, 335. develop, 336. insert, 337. core, 338. temperature, 339. relate, 340. eliminate, 341. duration, 342. unfortunate

343. co-_____nce matrix *n.* the simultaneous occurrence or presence of two or more things, often used in statistical or scientific contexts
344. tr___c death *adj.* causing great sadness or suffering; very unfortunate
345. car_____nic air pollution *adj.* capable of causing cancer or promoting tumor growth; cancer-causing
346. pe_____nt life insurance *adj.* lasting for a long time without essential change
347. re_____m land from the sea *v.* to take back something previously lost, given, or paid, or ask to have it back
348. ta___r with evidence *v.* to interfere with something in a way that causes damage or unauthorized alteration; to meddle with or manipulate something without permission or authority; (noun) a tool or device used for interfering with or altering something in a way that is unauthorized or illegal
349. would-be as_____in *n.* a person who murders a prominent or well-known person for political reasons or in exchange for money
350. im___r my health *v.* to damage something or make it weaker or worse
351. su___r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
352. human phy_____gy *n.* the branch of the biological sciences dealing with the functioning of organisms

ANSWERS: 343. co-occurrence, 344. tragic, 345. carcinogenic, 346. permanent, 347. reclaim, 348. tamper, 349. assassin, 350. impair, 351. suffer, 352. physiology

353. a dis_____ty pension *n.* a physical or mental condition that makes it difficult for someone to do some things that other people do
354. the great di_____ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
355. irregular heart rh____m *n.* a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing
356. in__x full of emails *n.* an electronic folder on a computer or phone where new emails, text messages, etc., that are sent to you are kept
357. the cell of the im____e system *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
358. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
359. al_____se morbidity *adj.* referring to the entire range of factors that can contribute to a disease, injury, or death rather than focusing on a specific cause or factor
360. co____t suicide *v.* to do something illegal or wrong
361. so_____x about climate change *n.* a makeshift platform or podium, typically one that is improvised in a public place, used for making impromptu speeches or for expressing opinions on various topics; (verb) to express one's opinions or deliver a speech in a passionate, forceful, or assertive manner

ANSWERS: 353. disability, 354. discovery, 355. rhythm, 356. inbox, 357. immune, 358. involve, 359. all-cause, 360. commit, 361. soapbox

362. give si___t consent *adj.* without any or little sound
363. water re_____ir *n.* a natural or artificial lake used to store water for community use; a large or extra supply of something
364. ve_____al axis *adj.* upright or perpendicular to a horizontal surface or line
365. pri_____ze people over cars *v.* to assign a higher level of importance to something compared to other things
366. during rep_____ive period *adj.* connected with the process of reproduction; relating to reproducing babies, young animals, or plants
367. ca___r diagnosis *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
368. lactose res_____ed diet *adj.* limited in extent, number, scope, or action, especially by official rules, laws, etc.
369. a re_____ir of facts *n.* a natural or artificial lake used to store water for community use; a large or extra supply of something
370. tr_____er power *v.* to move, pass, or change from one person, place, or situation to another
371. a vul_____le bridge *adj.* capable of being hurt or influenced physically or mentally
372. co___t mistakes *v.* to do something illegal or wrong
373. d_m-building program *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy

ANSWERS: 362. silent, 363. reservoir, 364. vertical, 365. prioritize, 366. reproductive, 367. cancer, 368. restricted, 369. reservoir, 370. transfer, 371. vulnerable, 372. commit, 373. dam

374. personal na_____ve *n.* a story or a description of a series of events or process of telling a story
375. achieve imm_____ty *n.* the state or quality of being able to live or last forever
376. org_____ion chart *n.* a group of people who work together for a shared purpose
377. di_____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
378. pr_____le cause of a fire *adj.* likely to happen or likely to be true
379. risk of ch_____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
380. co_____st two things *v.* to put in opposition to show or emphasize differences
381. tr_____te a document into English *v.* to convert or change words into another language
382. degree in ele_____al engineering *adj.* relating to electricity
383. sa_____e a sunken ship *n.* the act of saving or rescuing something from potential loss or destruction; the property or items that are saved or rescued in this way; (verb) to save, recover, or rescue something from a dangerous, damaged, or deteriorating situation
384. aff_____le housing *adj.* not expensive and able to pay
385. a st_____e battery *n.* the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information

ANSWERS: 374. narrative, 375. immortality, 376. organization, 377. disease, 378. probable, 379. chronic, 380. contrast, 381. translate, 382. electrical, 383. salvage, 384. affordable, 385. storage

386. mo_____ty due to cancer *n.* the quality or state of being subject to death
387. heir ap_____nt *adj.* able to see or understand easily or clearly
388. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
389. da_____ht hours *n.* the natural light produced by the sun during the day, especially in contrast to artificial light or darkness
390. a_e in the hole *n.* a playing card with a single symbol or mark that is typically the highest in value or rank in a particular card game; a person who is very skilled or successful in a specific activity or field
391. bl__t force *adj.* having a dull or rounded edge or point; not sharp; straightforward in speech or manner, often to the point of being rude or insensitive
392. de_____e in quality *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
393. en_____e the flavor of the vanilla *v.* to increase or improve the quality, amount, or strength of someone or something
394. involvement of the hip_____us *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
395. car_____lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)

ANSWERS: 386. mortality, 387. apparent, 388. decide, 389. daylight, 390. ace, 391. blunt, 392. decline, 393. enhance, 394. hippocampus, 395. cardiovascular

396. mood of di_____et *n.* a feeling of anxiety or unease; a sense of restlessness or agitation; a state of mental or emotional disturbance; (verb) to cause or feel unease, restlessness, or agitation
397. improve co_____ve function *adj.* of or relating to mental processes of understanding
398. s__n a document into PDF *v.* to examine something hastily, with the eyes or with a machine, to get information
399. mis_____cal tasks *adj.* essential to the success or functioning of a particular mission, task, or operation, often with significant consequences if not completed or accomplished correctly
400. cat_____hic climate change *adj.* extremely harmful; causing physical or financial destruction
401. de_____te economy *v.* to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number
402. fitness fi__d *n.* an evil or wicked person or supernatural being; someone who is excessively devoted or addicted to something
403. a def_____cy of copper and zinc *n.* the state of lack, or not having enough of, something that is essential
404. mi_____le weather *adj.* very unhappy, uncomfortable, or unpleasant; causing great distress or suffering

ANSWERS: 396. disquiet, 397. cognitive, 398. scan, 399. mission-critical, 400. catastrophic, 401. decimate, 402. fiend, 403. deficiency, 404. miserable

405. su____e attack *n.* the act of killing yourself intentionally
406. old ma__m *n.* a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior
407. di____t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
408. neg_____le salary *adj.* capable of being discussed and agreed upon; able to be changed or altered through negotiation
409. ci____t breaker *n.* (in electrical engineering) an electrical device that provides a path for electrical current to flow; a journey or route around a particular place or area
410. es_____al commodities of life *adj.* indispensable; fundamental
411. es_____al amino acid *adj.* indispensable; fundamental
412. immune fu____on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
413. acc_____te cash value *v.* to collect or acquire a large number of things over a long period of time

ANSWERS: 405. suicide, 406. maxim, 407. disrupt, 408. negotiable, 409. circuit, 410. essential, 411. essential, 412. function, 413. accumulate

414. pr_____t when she will arrive *v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience
415. tr_____ct in cash *v.* to carry out or conduct a business or other transaction; to complete or fulfill an agreement, deal, or contract
416. d_m collapsing *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
417. rep_____ive ability *adj.* connected with the process of reproduction; relating to reproducing babies, young animals, or plants
418. lower infant mo_____ty *n.* the quality or state of being subject to death
419. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
420. Al_____er's brain *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
421. te_____le injury *n.* one of the two oval-shaped organs in men that produce sperm and testosterone; in animals, the equivalent organ responsible for producing sperm and often also regulating testosterone levels
422. a hand-loomed fa___c *n.* cloth or other material produced by weaving wool, cotton, silk, etc., used for making clothes, covering furniture, etc.

ANSWERS: 414. predict, 415. transact, 416. dam, 417. reproductive, 418. mortality, 419. brain, 420. Alzheimer, 421. testicle, 422. fabric

423. take a sn____ot *n.* an informal photograph, especially one taken quickly
424. so____al norms *adj.* relating to society or social relationships
425. re____e a story *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
426. metallic sp____e *n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
427. social st____a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
428. in____ly anticipated *adv.* at the beginning; at first
429. de____e him of his status *v.* to take away something from someone
430. d__e off a cliff *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
431. epi____ogy research *n.* the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems
432. st____e at low temperature *n.* the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information

ANSWERS: 423. snapshot, 424. societal, 425. relate, 426. sponge, 427. stigma, 428. initially, 429. deprive, 430. dive, 431. epidemiology, 432. storage

433. ma__e coating *adj.* having a surface without a shine, luster; non-glossy
434. ca___r research *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
435. ess_____ly correct *adv.* relating to the essential features or concepts of anything
436. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
437. ro_____ly check *adv.* on a regular or habitual basis; in a manner that is customary or expected
438. di_____t the economy *v.* to change something's shape, appearance, or sound so that it appears weird or unclear

ANSWERS: 433. matte, 434. cancer, 435. essentially, 436. involve, 437. routinely, 438. distort

Session 3: Fill in the Blanks

1. The _____ is crucial for learning and memory storage.
n. a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
2. The ship dropped _____ in the bay.
n. a device, typically made of metal, that is used to moor a ship or boat in a particular place, typically by being dropped to the seabed; a central cohesive source of support and stability
3. In southward, the average annual water _____ increases.
n. the amount or number of something; magnitude
4. As an _____ he had the right to make his own decisions and live his life as he saw fit.
n. a single person or thing, as distinct from a group
5. This star is _____ to the naked eye.
adj. able to see or understand easily or clearly
6. His _____ faculties were getting worse because of a lack of sleep.
adj. of or relating to mental processes of understanding
7. The chef added a secret _____ to the dish to enhance the flavor.
n. a medicinal or restorative substance believed to possess healing properties; a drink or potion believed to promote good health, vitality, or longevity
8. An intelligent battery has a voltage monitoring _____.
n. (in electrical engineering) an electrical device that provides a path for electrical current to flow; a journey or route around a particular place or area

ANSWERS: 1. hippocampus, 2. anchor, 3. quantity, 4. individual, 5. apparent, 6. cognitive, 7. elixir, 8. circuit

9. I'm so sorry to _____ you when you're pretty busy.
- v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
10. The different parts of the system are _____ and rely on each other to function correctly.
- adj. closely connected or related to each other
11. He grilled the _____ meat of a chicken.
- n. either of the two round soft parts of a woman's chest which secrete milk after childbirth
12. It's notoriously challenging to _____ birth rates.
- v. to state beforehand that something will happen in the future, mainly based on knowledge or experience
13. I will introduce you to how to _____ the leading causes of the malfunction.
- v. to recognize someone or something and say or prove who or what they are
14. He was _____ of his freedom when sentenced to life in prison.
- v. to take away something from someone
15. Training with sufficient intensity increases blood _____ levels.
- n. a male hormone that is responsible for the development of male secondary sex characteristics
16. The banking industry feared the economy would _____ due to risky investments.
- v. to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely

ANSWERS: 9. disrupt, 10. interrelated, 11. breast, 12. predict, 13. identify, 14. deprived, 15. testosterone, 16. implode

17. The kitchen _____ was perfect for coffee and chatting with friends.
- n.* a small corner, alcove, or recess, especially one in a room or garden providing a seat or space for quiet
18. The sponge _____ water well.
- v.* to take in a fluid or other substance gradually
19. He _____ serious accounting irregularities that only people in the company's executive could know.
- v.* to allow liquid or gas to get in or out from a hole or crack in a pipe or container
20. The _____ of exercise is important for maintaining good health.
- n.* the quality or state of being done often; conformity to a set of rules, standards, or expectations; the state of occurring with a consistent or predictable pattern or frequency
21. His _____ showed highly positive results.
- n.* the scientific test conducted to observe what happens and gain new knowledge
22. The mental health _____ often prevents people from seeking treatment.
- n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
23. She hired an _____ to kill her opponent.
- n.* a person who murders a prominent or well-known person for political reasons or in exchange for money
24. Exchange rate fluctuations have increased that country's trade _____.
- n.* the total amount by which money spent is greater than money earned in a particular period of time; the property of being an amount by which something, especially an amount of money, is less than expected or required

ANSWERS: 17. nook, 18. absorbs, 19. leaked, 20. regularity, 21. experiments, 22. stigma, 23. assassin, 24. deficit

25. We ____ for an overseas expansion.

v. to try or plan to get or achieve something

26. The organization _____ the needs of the community in its decision-making.

v. to assign a higher level of importance to something compared to other things

27. _____ is the science of how living things work.

n. the branch of the biological sciences dealing with the functioning of organisms

28. A powerful _____ motor is required to process these metal parts.

n. a rotating shaft that serves as axes for larger rotating parts; (biology) tiny fibers that are seen in cell division

29. The ladder leaned against the _____ surface of the building.

adj. upright or perpendicular to a horizontal surface or line

30. The doctor diagnosed him with a rare _____ that had no known cure.

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

31. He threw away the _____ items in his closet.

adj. not wanted or desired

32. She felt _____ after her dog passed away.

adj. very unhappy, uncomfortable, or unpleasant; causing great distress or suffering

33. The _____ team worked quickly to save the patient's life.

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

ANSWERS: 25. aim, 26. prioritized, 27. Physiology, 28. spindle, 29. vertical, 30. disease, 31. unwanted, 32. miserable, 33. medical

34. The machine pumps up crude oil from a deep underground _____.
- n.* a natural or artificial lake used to store water for community use; a large or extra supply of something
35. The building was _____ in the fire and had to be rebuilt.
- v.* to ruin or damage severely or completely; to eradicate or eliminate completely
36. The sudden rise in crime rates in our neighborhood is quite _____.
- adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing
37. The mouse squeezed into the tiniest _____ of the wall to avoid being caught by the cat.
- n.* a small, narrow opening or crack, especially in a wall or rock
38. As people age, their digestive capacity also gradually _____.
- v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
39. She woke the kids up from their _____.
- n.* a short sleep, especially during the day
40. She is the president of a large international _____.
- n.* a group of people who work together for a shared purpose
41. _____ hyperglycemia is a trigger for a variety of serious diseases.
- adj.* being long-lasting and recurrent or characterized by long suffering; habitual
42. The _____ of certain chemicals activates the brain's reward system.
- n.* the act of arousing interest or activity in something; the action of providing a stimulus

ANSWERS: 34. reservoir, 35. destroyed, 36. alarming, 37. cranny, 38. declines, 39. nap, 40. organization, 41. Chronic, 42. stimulation

43. He has a _____ fortune and is one of the wealthiest people in the city.

adj. large in size or amount

44. The investigation _____ several government agencies and is expected to take several months.

v. to include or affect someone or something as a necessary part of something else

45. Men over the age of 50 are at a higher risk for _____ cancer.

n. a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen

46. We need to _____ the next steps for the project during our meeting tomorrow.

v. to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

47. The automaker has been providing _____ car financing options since last year.

adj. not expensive and able to pay

48. You may be entitled to _____ some tax.

v. to take back something previously lost, given, or paid, or ask to have it back

49. He discovered unique _____ for photochemical reactions.

n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

50. _____ a society is an organism.

adv. relating to the essential features or concepts of anything

ANSWERS: 43. sizable, 44. involves, 45. prostate, 46. discuss, 47. affordable, 48. reclaim, 49. mechanisms, 50. Essentially,

51. The price of these items is _____ so feel free to make an offer.

adj. capable of being discussed and agreed upon; able to be changed or altered through negotiation

52. His professional experience includes all _____ of media production.

n. one part or feature of a situation, problem, subject, etc.

53. This artwork is _____ of her work.

adj. having the usual characteristics or traits of a specific group of things

54. Some seaweed was used as _____ medicine in ancient times.

n. people in general, especially those of a particular group or type

55. These synthetic _____ are used in military vests because of their excellent abrasion resistance.

n. cloth or other material produced by weaving wool, cotton, silk, etc., used for making clothes, covering furniture, etc.

56. It is important to place the _____ in the correct position for accurate electro-cardiogram recording.

n. either of two points or ends of a conductor at which electricity enters or leaves an object, substance, or region

57. The ongoing budget cuts have _____ the quality of education in many schools.

v. to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time

58. It would be best if you _____ out all those old magazines.

v. to throw something carelessly with a light motion

ANSWERS: 51. negotiable, 52. aspects, 53. typical, 54. folk, 55. fabrics, 56. electrodes, 57. eroded, 58. tossed

59. The doctor said that regular exercise could help maintain a _____ physique.
adj. having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male
60. We can _____ this possibility from those consumptions.
v. to remove or get rid of someone or something
61. His poem has a very significant _____.
n. something that is inferred or indirectly stated; the act or fact of being involved in something
62. Advocates for legal reform hear less harsh words from their _____.
n. someone who expresses opinions about the quality of books, music, etc.
63. That candidate does not have _____ means to win an election with certainty.
adj. adequate; enough for a particular purpose or requirement
64. He _____ misleads others.
adv. done in an intentional or slow and careful manner
65. The politician remained _____ despite intense media scrutiny.
adj. without any or little sound
66. I _____ the shirt in the sink before washing it.
v. to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money
67. These descriptions are based on a number of _____ assumptions.
adj. amounting to a large indefinite number

ANSWERS: 59. virile, 60. eliminate, 61. implication, 62. critics, 63. sufficient, 64. deliberately, 65. silent, 66. soaked, 67. numerous

68. He has _____ his wealth through real estate investments.
- v.* to collect or acquire a large number of things over a long period of time
69. We decided to take a detour to avoid the construction _____ on the main road.
- n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time
70. After you register, you will receive an email with a coupon shortly in your _____.
- n.* an electronic folder on a computer or phone where new emails, text messages, etc., that are sent to you are kept
71. We must manage to _____ our expenditure.
- v.* to control something, especially by means of rules or laws
72. We want to _____ ties between our two countries.
- v.* to make or become better
73. This jigsaw _____ is challenging because there are no pictures.
- n.* a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand
74. This train departed later than _____ scheduled.
- adv.* at the beginning; at first
75. Thankfully, the driver emerged from the accident _____.
- adj.* not harmed or injured; untouched or unharmed by a negative or dangerous situation

ANSWERS: 68. accumulated, 69. traffic, 70. inbox, 71. regulate, 72. improve, 73. puzzle, 74. initially, 75. unscathed

76. She received special _____ training at the hospital.

adj. of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

77. Some kinds of machine learning models show an _____ to how people learn.

n. a comparison between similar things that have similar aspects, often used to help explain a principle or concept

78. She couldn't _____ whether to order the pizza or the pasta for dinner.

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

79. My grandmother has _____ disease requires special care and attention from her caregivers.

n. a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

80. They _____ conduct fire drills to ensure everyone in the building knows what to do in an emergency.

adv. on a regular or habitual basis; in a manner that is customary or expected

81. This evidence supports the big-bang _____.

n. a proposed idea or explanation that is based on a few known facts but has not yet been proven to be true or accurate

82. Listening to music at a high volume may lead to a hearing _____.

n. a physical or mental condition that makes it difficult for someone to do some things that other people do

83. The military has _____ an abuse of human rights.

v. to do something illegal or wrong

ANSWERS: 76. clinical, 77. analogy, 78. decide, 79. Alzheimer's, 80. routinely, 81. hypothesis, 82. disability, 83. committed

84. The _____ of people who do not own property is politically impotent.
n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
85. The _____ accident caused many injuries and some fatalities.
adj. having bad luck or fortune; unlucky
86. What do you _____ the culprit's motive was?
v. to think that something is likely to be actual or possible
87. The patient's health _____ rapidly after being diagnosed with the disease.
v. to become worse in quality; to decline or degenerate
88. Her response revealed _____ idiocy.
adj. unbelievable; enormous
89. In an economically prosperous country, most male _____ is due to child support problems.
n. the act of killing yourself intentionally
90. The medicine soothes the pain of chronic _____.
n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
91. It seems _____ that he has forgotten our scheduled meeting.
adj. likely to happen or likely to be true
92. The nations of South East Asia will quickly _____ and catch up with the West.
v. to organize the production of something into an industry

ANSWERS: 84. mass, 85. unfortunate, 86. suppose, 87. deteriorated, 88. incredible, 89. suicide, 90. inflammation, 91. probable, 92. industrialize

93. I listened to my boss _____ about the company's latest project for an hour.
- v.* to talk or complain in a loud, angry, or intense manner, often for an extended period of time, usually about something that one feels strongly about
94. Economists contend that taxes _____ consumer behavior in general.
- v.* to change something's shape, appearance, or sound so that it appears weird or unclear
95. Ignoring warning signs of a potential health issue is _____ and can harm your health.
- adj.* not sensible or prudent; likely to cause harm or negative consequences; lacking in good judgment or common sense
96. She is searching for a _____ residence.
- adj.* lasting for a long time without essential change
97. The military incarcerated him for the _____ of the war.
- n.* the length of time something lasts or continues
98. The new strategy will _____ the profitability of our company.
- v.* to increase or improve the quality, amount, or strength of someone or something
99. It's important to understand the _____ of a situation before making a decision.
- n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
100. The view of the city skyline from the top of the building looked amazing in the _____.
- n.* the natural light produced by the sun during the day, especially in contrast to artificial light or darkness

ANSWERS: 93. rant, 94. distort, 95. unwise, 96. permanent, 97. duration, 98. enhance, 99. context, 100. daylight

101. Animal protection groups call for an end to animal testing in a _____.
- n.* a workplace for doing scientific research or teaching science; a lab
102. Government workers cannot _____ to political campaigns.
- v.* to give something, especially money or goods, to provide or achieve something together with other people
103. The vaccination does not necessarily make you completely _____.
- adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
104. The athlete was hit in the _____ during the game and had to be removed.
- n.* one of the two oval-shaped organs in men that produce sperm and testosterone; in animals, the equivalent organ responsible for producing sperm and often also regulating testosterone levels
105. The body of his car has a _____ finish.
- adj.* having a surface without a shine, luster; non-glossy
106. Connecting batteries in series increase the _____ of the circuit.
- n.* the difference in the force of an electric current between two points
107. Many people go on a _____ to recharge and reconnect with themselves.
- n.* the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life
108. She _____ a new chapter into her manuscript.
- v.* to put something inside something else

ANSWERS: 101. laboratory, 102. contribute, 103. immune, 104. testicle, 105. matte, 106. voltage, 107. retreat, 108. inserted

109. The study found that regular exercise can help to prevent the onset of _____ in older age.
- n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
110. The doctor explained the various _____ changes that occur during pregnancy.
- adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
111. They will _____ between various emotional states.
- v.* to cause to move up or away after hitting a surface; to spring back
112. These economic activities had disastrous environmental _____.
- n.* the outcome of a particular action or event, especially relative to an individual
113. A good _____ is never out of season.
- n.* a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior
114. These gas nebulas are merely newborn galactic _____.
- n.* the most essential or fundamental part of something
115. The _____ events of the war left many families torn apart.
- adj.* causing great sadness or suffering; very unfortunate
116. The earth's _____ of rotation is tilted 66.5 degrees to the ecliptic plane.
- n.* a real or imaginary straight line through a body or figure around which the object turns; a group of countries in special alliance

ANSWERS: 109. dementia, 110. physiological, 111. bounce, 112. consequences, 113. maxim, 114. cores, 115. tragic, 116. axis

117. She experienced headaches and fatigue as symptoms of _____ withdrawal after quitting coffee.
- n.* a stimulant drug that is found in coffee, tea, and other beverages and that is used to increase alertness and improve mental and physical performance
118. She couldn't resist the temptation to _____ on the couch after lunch.
- n.* a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap
119. The product is still in the _____ stage.
- adj.* relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have
120. Losing him is great _____ to our team.
- n.* a state of not having something, such as food or money, that you need for a pleasant life
121. Vitamin _____ can lead to various illnesses.
- n.* the state of lack, or not having enough of, something that is essential
122. He emphasized the _____ of immediate action.
- n.* the state or fact of being needed; anything indispensable
123. The hospital tracks _____ readmission rates for patients within 30 days of discharge.
- adj.* referring to the entire range of factors that can contribute to a disease, injury, or death rather than focusing on a specific cause or factor
124. The heavy rainwater was enough to _____ the basement of the house.
- v.* to saturate with water or become saturated with water; to cause something to be waterlogged or submerged in water

ANSWERS: 117. caffeine, 118. slumber, 119. experimental, 120. deprivation, 121. deficiency, 122. necessity, 123. all-cause, 124. waterlog

125. The _____ of influenza has been well studied over the years, leading to the development of effective vaccines and treatment strategies.

n. the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems

126. The election was a _____ success for the Whigs.

adj. worthy of attention because unusual or special

127. All humans are _____ and will eventually die.

adj. subject to death; unrelenting and deadly

128. He was an _____ at playing poker and often won the game.

n. a playing card with a single symbol or mark that is typically the highest in value or rank in a particular card game; a person who is very skilled or successful in a specific activity or field

129. This documentary deals with the _____ biology of the buffalo.

adj. connected with the process of reproduction; relating to reproducing babies, young animals, or plants

130. Infants and pregnant women are particularly _____.

adj. capable of being hurt or influenced physically or mentally

131. Long-term exposure to _____ materials can result in serious health problems.

adj. capable of causing cancer or promoting tumor growth; cancer-causing

132. Breast _____ is the most common type of cancer in women.

n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

ANSWERS: 125. epidemiology, 126. remarkable, 127. mortal, 128. ace, 129. reproductive, 130. vulnerable, 131. carcinogenic, 132. cancer

133. The _____ in carbon emissions has been significant since the implementation of the new policy.
n. a decrease in size, amount, or degree
134. The _____ on the child's faces when they received the toy was priceless.
n. a feeling of great pleasure or happiness
135. The break in the ____ threatened the valley.
n. a wall constructed over a river to block the flow of water, mainly used to generate energy
136. Large earthquakes often generate _____ tsunamis.
adj. very frightening or intimidating
137. His membership in the _____ provided him with numerous benefits.
n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
138. Understanding protein folding is a vital step in deciphering the _____ code.
adj. of or relating to genes (= parts of the DNA in cells) or the science of genes
139. The _____ of Japan is known for its unique culture and advanced technology.
n. a large organized community of people living in a particular country or region and having a particular culture
140. Many people believe in the concept of _____ and an afterlife.
n. the state or quality of being able to live or last forever
141. In junior high school, we had to dissect a frog in _____ class.
n. the scientific study of life and the natural processes of living things

ANSWERS: 133. reduction, 134. delight, 135. dam, 136. terrifying, 137. association, 138. genetic, 139. nation, 140. immortality, 141. biology

142. Smoking places you at severe risk of _____ and respiratory disease.

adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)

143. DNA is stored in the _____ of a cell.

n. the central and most important part of something; (biology) a part of the cell containing DNA and RNA and responsible for growth and reproduction; (physics) the very dense central region of an atom

144. The European Central Bank is Europe's _____ of the Federal Reserve.

n. having the same value, quality, meaning, purpose, etc.

145. We would _____ an early reply.

v. to value and acknowledge the worth of someone or something; to be grateful for something or someone

146. In _____ private corporations provide healthcare services.

n. the act or process of adding something to something else; the process of adding numbers

147. He lay down and fell _____ immediately.

adj. in a state of sleep

148. The _____ handles multiple plot lines and has unpredictable ends.

n. a story or a description of a series of events or process of telling a story

149. The organizational _____ of start-ups is often flat and straightforward.

n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

ANSWERS: 142. cardiovascular, 143. nucleus, 144. equivalent, 145. appreciate, 146. addition, 147. asleep, 148. narrative, 149. structure

150. Cities around the world set records for highest _____ this summer.
n. the degree of hotness or coldness of a thing or place
151. She stood on the podium and _____ an audience.
v. to examine something hastily, with the eyes or with a machine, to get information
152. The _____ partially destroyed my vehicle.
n. an unfortunate event, especially one causing damage or injury
153. Her research team made an important _____.
n. the act or process of finding information, a place, or an object, or learning about something that was previously not known
154. The patient was diagnosed with a _____ in her lung.
n. a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way
155. _____ the text from Italian into English.
v. to convert or change words into another language
156. His anti-_____ practices were quite strict.
n. a state of great comfort or sophistication, mainly provided by expensive and beautiful things
157. The _____ in the community grew as rumors spread about the upcoming changes.
n. a feeling of anxiety or unease; a sense of restlessness or agitation; a state of mental or emotional disturbance; (verb) to cause or feel unease, restlessness, or agitation

ANSWERS: 150. temperatures, 151. scanned, 152. accident, 153. discovery, 154. tumor, 155. Translate, 156. luxury, 157. disquiet

158. He looked for an opportunity to _____ that actor in public.

v. to cause someone to feel awkward, worried, or ashamed

159. The sperm whale can _____ to 1,000 meters.

v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

160. He had surgery to remove a portion of his small _____.

n. the part of the alimentary canal below the stomach; the intestine, especially the lower intestine

161. The _____ knife made it difficult to cut through the tough steak.

adj. having a dull or rounded edge or point; not sharp; straightforward in speech or manner, often to the point of being rude or insensitive

162. Hydrogen and oxygen _____ to form water.

v. to join or merge to form a single thing or group

163. The majority of consumers _____ this brand with quality.

v. to mentally connect someone or something with someone or something else

164. I will introduce some _____ on learning English in this class.

n. the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

165. The accident made his vision _____.

v. to damage something or make it weaker or worse

ANSWERS: 158. embarrass, 159. dive, 160. bowel, 161. blunt, 162. combine, 163. associate, 164. tips, 165. impaired

166. He tried to _____ his experience to the group, but they couldn't understand.
- v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
167. X-rays revealed a small tumor in his _____.
- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
168. Trends in the fashion industry are so _____ that it is challenging to keep up with them.
- adj.* constantly changing or moving
169. Actuators convert _____ pulses into motion.
- adj.* relating to electricity
170. The _____ fireworks display was the highlight of the festival.
- adj.* striking or impressive to look at or in performance or achievement
171. We must _____ a new system to streamline our workflow and increase efficiency.
- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
172. In the _____ meeting, the team discussed ways to improve productivity.
- adj.* happening or occurring later or after something else
173. The disease is now reaching _____ proportions in our country.
- n.* the widespread outbreak of a particular disease in a large number of people at the same time

ANSWERS: 166. relate, 167. brain, 168. shifting, 169. electrical, 170. spectacular, 171. develop, 172. subsequent, 173. epidemic

174. The _____ to the new class was informative and engaging.

- n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

175. My memory will _____ but my heart will live on.

- v.* to vanish; to fade away; to lose color; to lose freshness

176. The _____ pressure to conform is strong in this community.

- adj.* relating to society or social relationships

177. The politician climbed onto his _____ and began his campaign speech.

- n.* a makeshift platform or podium, typically one that is improvised in a public place, used for making impromptu speeches or for expressing opinions on various topics; (verb) to express one's opinions or deliver a speech in a passionate, forceful, or assertive manner

178. Wild animals need to go forward with the _____ action to survive.

- adj.* the best; most likely to be successful or advantageous

179. There is a clear association between _____ consumption and cognitive decline.

- n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

180. The findings of the experiment were both _____ and unexpected.

- adj.* causing a lot of interest or excitement

181. The economic recession _____ the housing market.

- v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active

ANSWERS: 174. introduction, 175. fade, 176. societal, 177. soapbox, 178. optimal, 179. alcohol, 180. exciting, 181. depressed

182. The older man _____ from arthritis and finds it difficult to move around.
v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
183. Trial and error is an _____ part of education.
adj. indispensable; fundamental
184. Please _____ a different color to each other kind of item.
v. to give a specific job or piece of work to a someone
185. Most countries prohibit sexual activity between certain close _____.
adj. considered and evaluated through comparison with something else
186. The hurricane _____ the small town, leaving behind destruction and devastation.
v. to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number
187. The government should do more to _____ sustainable agribusiness.
v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
188. The majority of students actively _____ in the college's intramural sports program.
v. to take part in something
189. It's important not to _____ with the settings on your computer unless you know what you're doing.
v. to interfere with something in a way that causes damage or unauthorized alteration; to meddle with or manipulate something without permission or authority; (noun) a tool or device used for interfering with or altering something in a way that is unauthorized or illegal

ANSWERS: 182. suffers, 183. essential, 184. assign, 185. relatives, 186. decimated, 187. promote, 188. participated, 189. tamper

190. You might need to _____ this point.

v. to enhance something, particularly sound or brightness

191. This disease has a high _____.

n. the quality or state of being subject to death

192. I need to _____ some business at the bank before it closes.

v. to carry out or conduct a business or other transaction; to complete or fulfill an agreement, deal, or contract

193. Could you help me _____ some furniture?

n. a slight transition in position, direction, or trend

194. The engineer had a _____ and redesigned the product to be more efficient.

n. a sudden idea or inspiration; a moment of great insight or creativity

195. We store customer data in cloud _____.

n. the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information

196. She _____ the money from her savings account to her checking account.

v. to move, pass, or change from one person, place, or situation to another

197. They study the _____ of the universe.

n. a gradual process of transformation of living things

198. He strove to memorize the Hebrew _____.

n. a character set that includes letters and is used to write a language

ANSWERS: 190. amplify, 191. mortality, 192. transact, 193. shift, 194. brainwave, 195. storage, 196. transferred, 197. evolution, 198. alphabet

199. The _____ of these two events suggests that there may be a causal relationship between them.
- n.* the simultaneous occurrence or presence of two or more things, often used in statistical or scientific contexts
200. The extinction rate of aquatic animals was _____.
- adj.* extremely harmful; causing physical or financial destruction
201. The scientific method is often seen as an embodiment of _____ as it seeks to understand the natural world through observation and experimentation.
- n.* a philosophical belief that everything, including human behavior and cognition, can be explained solely by natural causes and laws
202. She received her _____ in psychology from the university.
- n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
203. The tiny marine _____ has existed for more than 500 million years.
- n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
204. The company's _____ project aims to develop a revolutionary new technology within a tight deadline.
- n.* an ambitious, risky, and innovative project or goal, especially one that is intended to bring about radical change or breakthroughs in a particular field or industry, often inspired by the lunar landing mission of Apollo 11 in 1969
205. It's intriguing to compare and _____ the two authors.
- v.* to put in opposition to show or emphasize differences

ANSWERS: 199. co-occurrence, 200. catastrophic, 201. naturalism, 202. degree, 203. sponge, 204. moonshot, 205. contrast

206. She was put in charge of the project and had full _____ over the team.
n. the act or process of overseeing or directing the work or performance of others
207. This electronic _____ is required to undergo periodic inspections to ensure precision.
n. an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work
208. The _____ yard was full of old cars waiting to be scrapped.
n. the act of saving or rescuing something from potential loss or destruction; the property or items that are saved or rescued in this way; (verb) to save, recover, or rescue something from a dangerous, damaged, or deteriorating situation
209. The country has designated our products as _____ import goods.
adj. limited in extent, number, scope, or action, especially by official rules, laws, etc.
210. The company's _____ software must be tested before being deployed to users.
adj. essential to the success or functioning of a particular mission, task, or operation, often with significant consequences if not completed or accomplished correctly
211. The _____ in the horror movie gave me nightmares for weeks.
n. an evil or wicked person or supernatural being; someone who is excessively devoted or addicted to something
212. The brain is an incredibly complex organ that controls the body's _____.
n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 206. supervision, 207. instrument, 208. salvage, 209. restricted, 210. mission-critical, 211. fiend, 212. function

213. He became in _____ after losing his job.

- n.* something, especially money, goods, or services owed by one person to another; the state of owing something

214. He could not _____ against temptation.

- v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

215. There were framed _____ of family and friends in her room.

- n.* an informal photograph, especially one taken quickly

216. The treatments were done but, _____ were unsuccessful.

- adv.* by bad luck; unluckily

217. The band will _____ only for this show.

- v.* to bring two or more people together again after a period of separation

218. He beat out a jazz _____ on the cajones.

- n.* a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing

219. He refused to do anything _____ to help her.

- adv.* not at all; no matter what

ANSWERS: 213. debt, 214. struggle, 215. snapshots, 216. unfortunately, 217. reunite, 218. rhythm, 219. whatsoever